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Reflection Paper 2

Date: 07/07/2025

ODU Summer 2025

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TA Ashley Robinson

Internship Reflection Paper

(Second) 100 Hours

As the weeks have gone by, I have continued to gain knowledge and training as more tasks have been assigned to me to work on. Everything that I was anxious about before has quite drastically improved and I am beginning to realize my potential, gaining confidence and determination to become the best version of myself in this field, one day at a time. I am blessed to have been chosen to be a part of this group, and I am grateful for the knowledge that they have given me so far, as well as their continuous generosity and kindheartedness. From including me in their meetings to letting me assist during helpdesk tasks, all of these have been a great benefit to my learning experience through my environment, and I am beginning to really feel like I am a part of the team.

One of the important tasks that I have been a part of was that I was able to wipe and recycle this PC by creating a "Shred OS" boot USB device that was previously used to update a Windows 10 to an 11 OS, during a process that took some time, but wasn't too

complicated and provided a highly valuable learning experience for me. First, I downloaded the Shred OS ISO image file from the official repository, as well as making sure this tool called Rufus (which is a tool used to write ISO images to USB drives) was properly installed onto my computer. Then, I got my USB device that currently had the Windows 11 installer on it, with intentions of inserting it into my laptop in order to wipe the information to begin replacing it with the new software. However, before being able to do this, I had to request and receive permission from one of my supervisors, who sent in the request to a third-party remote Cybersecurity team called “Corvid” first. This step was necessary to make sure that cybersecurity protocols were met in the way that it reduces the risk of someone accidentally or intentionally introducing malicious files or unauthorized devices to a workstation.

About half an hour later, my supervisor sent me an email letting me know that my request was approved, giving me permission to proceed. I then inserted the USB device into my hardware and proceeded to wipe and replace the software with my “Shred OS” software. Once I did that, everything from that point forward was smooth sailing. I inserted the USB, started up the computer to be wiped, and pressed the “F1” key to go into the BIOS/UEFI menu, and from there I was able to get into the correct screen to be able to conduct my wipe. There was this blue screen with all these different options that you could do, even certain features allowing you to wipe the device several times, instead of just one. I only had to wipe it once, so I just clicked on the ‘S’ key for “shred” and hit ‘ENTER’. From that point forward, the system began a load with a bar going 100%.

After it got to the full 100%, the screen sent me a notification letting me know that the “Shred OS” software had done its job. What was especially cool about this project was that at the end, I got to open the computer and look inside, taking apart the components of the inside, finding the RAM sticks that the device ran from, and got to take one out to check for how many GBs were used. Afterwards, I put the components back together, closed the computer up, and labelled my name, how many GBs of RAM the computer had, which was 8, and then the date that the wipe had taken place. I then put it in the recycling/resell pile with the rest of the computers. This entire project was daunting, but very rewarding and educational as well.

In addition to my tasks and projects, I was able to participate in some great team meetings, which are usually held once a week. During these meetings, the team goes over important subjects such as updates about the company’s status as well as any progress or changes concerning long-term goals, and a few jokes along the way. This has made me feel like part of the team by letting me be a part of the team comradery as well as in the loop of subjects and goals. We have also discussed doing an out of work team building hangout activity, in which ideas will be later presented in an email for us to vote on. I’m very excited about that and will be looking forward to building relationships with my coworkers further that way.

Overall, the first 50 hours were phenomenal for me. I’m learning so much and have been a part of a good number of hands-on tasks that I’ve dreamed about doing. As much as I enjoy learning about ethical hacking and other various cybersecurity aspects, there’s just

something that really gets me excited about getting into the physical world of IT. I guess that's something that my dad and I have in common. I truly cannot wait for what's in store for the future and am more than ready to take it on!