IMMERSIVELABS

David Scott

Completed 187 labs earning 9620 points.

Activity Report

Date	Lab	Description	Points Earned
2023-07-10	Introduction to Networking: Ep.4 – Network Topologies	Recognize network topologies	40
2023-07-10	Introduction to Networking: Ep.3 — Network Hardware	Recognize the different types of hardware used for networks	40
2023-07-10	Introduction to Networking: Ep.2 – Types of Networks	Recall multiple types of networks and how they differ	20
2023-07-10	Introduction to Networking: Ep.1 — What is a Network?	Recognize networks and their components	40
2023-07-10	Tactics – Exfiltration	Recognize the purpose of the MITRE ATT&CK® Exfiltration tactic	20
2023-07-10	Tactics – Impact	Be able to explain the purpose of the MITRE ATT&CK® Impact tactic	20
2023-07-10	Tactics – Collection	Recognize the purpose of the MITRE ATT&CK® Collection tactic	20
2023-07-10	Tactics – Command and Control	Recognize the purpose of the MITRE ATT&CK® Command and Control tactic	20
2023-07-10	Tactics – Lateral Movement	Recognize the MITRE ATT&CK® Lateral Movement tactic and its purpose	20
2023-07-10	Introduction to Networking: Ep.5 — IP Addresses	Recognize an IP address	40

Date	Lab	Description	Points Earned
2023-07-10	Wireshark: Stream/Object Extraction	Analyze network packet captures	200
2023-07-10	Introduction to Networking: Ep.6 — Domain Name System	Summarize the fundamentals of the Domain Name System	40
2023-07-09	Tactics – Credential Access	Recognize the purpose of the MITRE ATT&CK® Credential Access tactic	20
2023-07-09	Tactics – Discovery	Recognize the purpose of the MITRE ATT&CK® Discovery tactic	20
2023-07-09	Tactics – Defence Evasion	Recognise the purpose of the MITRE ATT&CK® Defence Evasion tactic	20
2023-07-09	Tactics – Privilege Escalation	Recognise the purpose of the MITRE ATT&CK® Privilege Escalation tactic	20
2023-07-09	Tactics – Persistence	Recognize the purpose of the MITRE ATT&CK® Persistence tactic	20
2023-07-09	Tactics – Execution	Know the purpose of the MITRE ATT&CK® Execution tactic	20
2023-07-07	OWASP API Security Top 10	Identify each of the vulnerabilities in OWASP's top 10 APIs	20
2023-07-07	Cyber Kill Chain: Ep. 9 — Adversary Simulation	Recall the fundamentals of adversary simulation	100
2023-07-07	Cyber Kill Chain: Ep. 8 — Actions on Objectives Phase	Recall the fundamentals of the Actions on Objectives phase	40
2023-07-07	Cyber Kill Chain: Ep. 7 — What is the Command & Control (C2) Phase?	Recall the fundamentals of the command and control phase	40
2023-07-07	Cyber Kill Chain: Ep. 6 — Installation/Persistence Phase	Recall the fundamentals of the installation phase	40
2023-07-07	Cyber Kill Chain: Ep. 5 — Exploitation Phase	Be able to recall the fundamentals of the exploitation phase	40
2023-07-07	Cyber Kill Chain: Ep. 4 – Delivery Phase	Recall the fundamentals of the delivery phase	40

Date	Lab	Description	Points Earned
2023-07-07	Cyber Kill Chain: Ep. 3 — Weaponization Phase	Recall the fundamentals of the weaponization phase	40
2023-07-07	Cyber Kill Chain: Ep. 2 — Reconnaissance Phase	Recall the fundamentals of the reconnaissance phase	20
2023-07-07	Cyber Kill Chain: Ep. 1 — What is the Cyber Kill Chain?	Recognize the fundamentals of the cyber kill chain model	20
2023-07-07	NIST 800-53: Ep.20 – Supply Chain Risk Management	Recognize supply chain risk management controls	20
2023-07-07	NIST 800-53: Ep.19 – System and Information Integrity	Recognize system and information integrity controls and their purpose	40
2023-07-07	NIST 800-53: Ep.18 – System and Communications Protection	Recognize system and communications protection controls and their purpose	40
2023-07-07	NIST 800-53: Ep.17 – System and Services Acquisition	Recognize system and services acquisition controls	20
2023-07-07	OWASP 2021: Ep.10 – Server-Side Request Forgery	Summarize server-side request forgery and its relationship to the OWASP Top 10	20
2023-07-07	OWASP 2021: Ep.9 – Security Logging and Monitoring Failures	Summarize security logging and monitoring failures and their relationship to the OWASP Top 10	20
2023-07-07	OWASP 2021: Ep.8 – Software and Data Integrity Failures	Summarize software and data integrity failures and their relationship to the OWASP Top 10	20
2023-07-07	OWASP 2021: Ep.7 – Identification and Authentication Failures	Summarize identification and authentication failures and their relationship to the OWASP Top 10	20
2023-07-07	OWASP 2021: Ep.6 – Vulnerable and Outdated Components	Summarize the security misconfiguration and its relationship to the OWASP Top 10	20
2023-07-07	OWASP 2021: Ep.5 – Security Misconfiguration	Summarize security misconfiguration and its relationship to the OWASP Top 10	20
2023-07-07	OWASP 2021: Ep.4 – Insecure Design	Summarize insecure design and its relationship to the OWASP Top 10 list	20
2023-07-07	OWASP 2021: Ep.3 – Injection	Advance your understanding of the OWASP Top 10	20

Date	Lab	Description	Points Earned
2023-07-07	OWASP 2021: Ep.2 – Cryptographic Failures	Summarize cryptographic failures and their relationship to the OWASP Top 10	20
2023-07-07	OWASP 2021: Ep.1 – Broken Access Control	Summarize broken access control and its relationship to the OWASP Top 10	20
2023-07-07	Introduction to the OWASP Top 10	Summarize the objectives of the OWASP	10
2023-07-07	Tactics – Reconnaissance	Recognize the purpose of the MITRE ATT&CK® Reconnaissance tactic	20
2023-07-07	Tactics – Resource Development	Recognize the purpose of the MITRE ATT&CK® Resource Development tactic	20
2023-07-07	Tactics – Initial Access	Recognise the purpose of the MITRE ATT&CK® Initial Access tactic	20
2023-07-07	Introduction to MITRE ATT&CK®	Be familiar with the MITRE ATT&CK® framework and know how it's used	20
2023-07-06	NIST 800-53: Ep.16 – Risk Assessment	Recognize risk assessment controls	20
2023-07-06	NIST 800-53: Ep.15 – Personally Identifiable Information Processing and Transparency (PIIPT)	Recognize the PIIPT controls	40
2023-07-06	NIST 800-53: Ep.14 – Personnel Security	Recognize personnel security controls and their purpose	20
2023-07-06	NIST 800-53: Ep.13 – Program Management	Recognize program management controls and their purpose	20
2023-07-06	NIST 800-53: Ep.12 – Planning	Recognize planning controls and their purpose	20
2023-07-06	NIST 800-53: Ep.11 – Physical and Environmental Protection	Recognize physical and environmental protection controls and their purpose	20
2023-07-06	NIST 800-53: Ep.10 – Media Protection	Recognize media protection controls and their purpose	20
2023-07-06	NIST 800-53: Ep.9 – Maintenance	Recognize maintenance controls and their purpose	20

Date	Lab	Description	Points Earned
2023-07-06	NIST 800-53: Ep.8 – Incident Response	Recognize incident response controls and their purpose	20
2023-07-06	Demonstrate Your Skills: Splunk Basics	Recall the Splunk features and how to use them	200
2023-07-06	Splunk Basics: Ep.5 – Dashboards and Visualization	Recognize dashboards and how they can be used	100
2023-07-06	Splunk Basics: Ep.4 – Advanced Searching (SPL & Transforming)	Use Splunk's Search Processing Language (SPL) to search for and transform specific information	200
2023-07-06	Wireshark Display Filters: Combining Filters	Analyse network packet captures using multiple operators	200
2023-07-06	Demonstrate Your Skills: Wireshark	Identify relevant network traffic using Wireshark	300
2023-07-05	Web Server Logs: Ep.6 — The Tomcat's Out Of The Bag	Identify evidence of a compromise in web server logs	300
2023-07-05	Web Server Logs: Ep.5 — Searching Web Server Logs using Linux CLI	Use cat, grep, cut, sort, uniq, and wc commands to search for information in web server logs	200
2023-07-05	Web Server Logs: Ep.4 — Error Logs	Recognize web server error logs	100
2023-07-05	Web Server Logs: Ep.3 — Access Logs	Recognize web server access logs	100
2023-07-05	Splunk Basics: Ep.3 – Search	Identify the key structure of a basic Splunk search	100
2023-07-05	Splunk Basics: Ep.2 – Data Sources	Be able to recall the various data sources supported by Splunk	40
2023-07-05	Splunk Basics: Ep.1 – The Splunk Interface	Recognize the different components of the Splunk Interface	40
2023-07-05	What is Splunk?	Recall what the Splunk tool is	40
2023-07-05	Understanding Wireshark: TLS handshake	Revise information on the TLS Handshake	100

Date	Lab	Description	Points Earned
2023-07-05	Wireshark Statistics	Analyse network packet captures using Wireshark statistics	100
2023-07-05	Wireshark Display Filters: Filters In Depth	Analyse network packet captures using complex operators	200
2023-07-05	ZWASP Phishing Vulnerability in Office 365	Assemble URLs containing ZWSPs to obfuscate a malicious link	100
2023-07-05	Exfiltration Over Alternative Protocol	Practise identifying instances where data has been exfiltrated	100
2023-07-05	Parsing PST	Investigate email client files	200
2023-07-05	Wireshark Display Filters: An Introduction	Analyze network packet captures	100
2023-07-05	Intro to Wireshark	Analyse network packet captures	100
2023-07-05	Log Finder	Perform web log analysis	100
2023-07-05	Packet Capture Basics	Analyze network packet captures	100
2023-07-04	Linux CLI: Ep.17 – Demonstrate your Skills	Demonstrate how to use various Linux command-line tools	100
2023-07-04	Web Server Logs: Ep.2 — Log Formats	Describe the different types of web server log formats	20
2023-07-04	Web Server Logs: Ep.1 — What are Web Server Logs?	Recall the different types of web server logs	20
2023-07-04	Linux CLI: Ep. 16 – Combining Commands	Identify the different ways of combining commands on the terminal	200
2023-07-04	Linux CLI: Ep. 15 – Generating File Hashes	Be able to recognize file hashes	100
2023-07-03	Linux CLI: Ep.1 – Introduction to the Linux Command Line Interface	Recall Linux command line fundamentals	40

Date	Lab	Description	Points Earned
2023-07-03	CertUtil	Analyse the function of CertUtil	100
2023-07-03	Background Intelligent Transfer Service (BITS)	Gain an understanding of BITS and how it can be abused	100
2023-07-03	Linux CLI: Ep.12 – Using Find	Recognize how the find command works and the filters and arguments that go with it	200
2023-07-03	Linux CLI: Ep. 2 – Getting Started with the Terminal	Be able to recall fundamental concepts of the Linux terminal	100
2023-07-03	Linux CLI: Ep. 10 – Using Sudo	Identify different user privileges in Linux	100
2023-07-03	Linux CLI: Ep. 14 – Using Screen	Be able to explain screen's CLI usage	100
2023-07-03	Linux CLI: Ep. 5 – File Permissions	Be able to read Linux file permissions	100
2023-07-03	Linux CLI: Ep. 8 – Manipulating Text	Know how to modify text within files using basic command line tools	200
2023-07-03	Linux CLI: Ep. 13 – Searching and Sorting	Know how to employ searching techniques to find patterns in files	100
2023-07-03	Linux CLI: Ep. 6 – Editing Files	Be able to recall some common Linux command line text editors	100
2023-07-03	Linux CLI: Ep. 7 – Using wc	Be able to count elements in a file using the wc tool	200
2023-07-03	Linux CLI: Ep. 9 – Stream Redirection	Know how data can be manipulated via the terminal	100
2023-07-03	Linux CLI: Ep. 11 – Using SSH and SCP	Recall what the SSH protocol is	100
2023-07-03	Linux CLI: Ep. 4 – Changing Things	Know the five Linux CLI commands explored in the lab and be able to describe their basic usage	100
2023-07-03	Linux CLI: Ep. 3 – Moving Around	Have the ability to navigate through directories on the command line	100

Date	Lab	Description	Points Earned
2023-06-30	Cyber Kill Chain: Ep.10 — Demonstrate Your Knowledge	Recognize the fundamentals of the Cyber Kill Chain model	40
2023-06-30	Introduction to Networking: Ep.7 — Demonstrate Your Knowledge	Demonstrate an understanding of networking technology fundamentals	40
2023-06-30	OWASP 2021: Ep.11 – Demonstrate Your Knowledge	Demonstrate your understanding of different categories in the 2021 OWASP Top 10	40
2023-06-30	NIST 800-53: Ep.21 – Demonstrate your Knowledge	Demonstrate your understanding of NIST 800-53 and its purpose	40
2023-06-30	Tactics – Demonstrate your Knowledge	Demonstrate your understanding of tactics in the MITRE ATT&CK® framework	40
2023-06-30	NIST 800-53: Ep.7 – Identification and Authentication	Recognize identification and authentication controls and their purpose	20
2023-06-30	NIST 800-53: Ep.6 – Contingency Planning	Recognize contingency planning controls and their purpose	20
2023-06-30	NIST 800-53: Ep.5 – Configuration Management	Recognize configuration management controls and their purpose	20
2023-06-30	Volume Shadow Copy Service	Exposure to VSS and its functionality	200
2023-06-30	Alternate Data Streams	Exposure to ADS and data hiding	200
2023-06-30	Scheduled Tasks	Demonstrate how to navigate information in Windows Scheduled Tasks	100
2023-06-30	Windows Registry	Evaluate registry values	100
2023-06-30	Policies	Exposure to Windows policy mechanisms	200
2023-06-30	Environment Variables	Exposure to Windows environment variables	200
2023-06-30	Windows File Permissions	Analyze Windows file permissions	100

Date	Lab	Description	Points Earned
2023-06-28	NIST 800-53: Ep.4 – Assessment, Authorization, and Monitoring	Recognize assessment, authorization, and monitoring controls and their purpose	20
2023-06-28	NIST 800-53: Ep.3 – Audit and Accountability	Recognize audit and accountability controls and their purpose	20
2023-06-28	NIST 800-53: Ep.2 – Awareness and Training	Recognize the purpose of awareness and training controls	20
2023-06-28	NIST 800-53: Ep.1 – Access Control	Recognize the NIST 800-53 Access Control family and its purpose	20
2023-06-27	Incident Response Theory: Ep.7 – Demonstrate your Knowledge	Demonstrate your understanding of the NIST incident response process	40
2023-06-27	Data Privacy: Ep.3 – What About You?	Outline why data privacy is important	20
2023-06-27	Data Privacy: Ep.2 – Data Privacy Regulations	Summarize what data privacy regulations are	20
2023-06-27	Data Privacy: Ep.1 – Key Concepts	Explain the key concepts of data privacy	10
2023-06-27	NIST 800-53: Security and Privacy Controls for Information Systems and Organizations	Familiarize yourself with NIST 800-53 and its purpose	20
2023-06-27	Secure Fundamentals: The CIA Triad	Define confidentiality, integrity, and availability	20
2023-06-27	Secure Fundamentals: Attribution and Accountability	Recall the definitions of attribution and accountability	20
2023-06-27	Secure Fundamentals: Least Privileges	Be able to describe the principle of least privileges	10
2023-06-27	Secure Fundamentals: Defense in Depth	Describe the security concept of defense in depth	10
2023-06-27	Secure Fundamentals: Security Patching	Describe what a security patch is	10
2023-06-27	US Federal Cyber Law	Identify the main US federal laws that can be used to convict cyber criminals	10

Date	Lab	Description	Points Earned
2023-06-27	Incident Response Theory: Ep.6 – Post-Incident Activity	Identify the post-incident activity stage of the NIST incident response process	40
2023-06-27	Incident Response Theory: Ep.4 – Detection and Analysis	Identify the detection and analysis stage of the NIST incident response process	40
2023-06-27	Incident Response Theory: Ep.5 – Containment, Eradication, and Recovery	Identify the containment, eradication, and recovery stage of the NIST incident response process	40
2023-06-27	Secure Fundamentals: Authorisation	Describe the security concept of authorisation	10
2023-06-27	Secure Fundamentals: Authentication	Describe the security concept of authentication	10
2023-06-27	Incident Response Theory: Ep.3 – Preparation	Identify the details of the preparation stage of NIST's incident response process	40
2023-06-27	UK Cyber Law	Demonstrate an understanding of illegalities and breaches of law	40
2023-06-27	Accidental and Malicious Data Leaks	Recognize the differences between accidental leaks and malicious leaks	10
2023-06-27	Case Study: Covid-19 Cybercriminals	Identify the characteristics of Covid-19 phishing scams	10
2023-06-27	Incident Response in the Workplace	Recall the advantages of an incident response plan	10
2023-06-27	Guidance on Remote Working	Identify the risks associated with remote working	10
2023-06-27	Security On The Go	Recognize the security risks of using devices when away from the office	10
2023-06-27	Identifying Ransomware	Recognize the tell-tale signs of ransomware	10
2023-06-27	Rogue USB Devices	Recall how rogue USB devices can be used for malicious purposes	10
2023-06-27	Personal Devices in the Workplace	Recognize the risks associated with using personal devices in the workplace	10

Date	Lab	Description	Points Earned
2023-06-27	The Importance of Information Security and Cybersecurity	Describe a simulated example of a breach and recall its emotional impact	10
2023-06-27	Privileged Access	Recall what privileged access is and why it's an attractive target for attackers	10
2023-06-27	Physical Security	Identify common physical security risks	10
2023-06-27	Privacy	Identify what privacy is and why it needs protecting	10
2023-06-27	Updates and Patches	Identify the differences between updates and patches	10
2023-06-27	Firewalls and VPNs	Recognize the benefits of firewalls and VPNs	10
2023-06-27	Consequences and Impacts of Cyberattacks	Recognize the differences between the consequences and impacts of cyberattacks	10
2023-06-27	Information Security	Recognize the importance of information security for individuals and organizations	10
2023-06-27	Why Information Security Is Everyone's Business	Recognize the importance of information security	10
2023-06-27	What Is Information Security?	Identify the workplace and personal security challenges that good information security practices help to solve	10
2023-06-27	History of Information Security	Recall some of the key moments for information security throughout history	10
2023-06-27	Passwords	Recognize how to protect yourself and your devices with strong passwords	10
2023-06-27	Disposal of Device Information	Recognize why secure device disposal is core to an organization's information management process	10
2023-06-27	Information Security and Cybersecurity Terminology	Recall some key information security and cybersecurity terms and phrases	10
2023-06-27	Information Security – Starting at the Beginning	Recall the difference between information security and cybersecurity	10

Date	Lab	Description	Points Earned
2023-06-27	Antivirus	Identify the purpose of antivirus software and its main features	10
2023-06-27	Bugbusters	Demonstrate an understanding of bug bounties and the companies that offer them	40
2023-06-27	Ethical and Unethical Hacking	Demonstrate the ability to determine the ethical choices of hackers	40
2023-06-27	Burglary and Hacking	Demonstrate an understanding of how hacking can be similar to burglary	40
2023-06-27	Police Raid	Demonstrate an understanding of devices that would be confiscated in an investigation	40
2023-06-27	Who are the Hackers?	Recognize the different types of hackers	10
2023-06-27	Why Hackers Hack	Recognize some of the methods used by hackers	10
2023-06-27	Virtual Card Numbers	Identify the different types of virtual card numbers	10
2023-06-27	Fake News	Recognize the characteristics of fake news	10
2023-06-27	Security Champions	Underline what a security champion is and their purpose	10
2023-06-27	Keylogging	Recognize what keyloggers are	10
2023-06-27	Social Engineering	Describe different social engineering attack techniques and their impacts	10
2023-06-27	Geolocation	Recognize the differences between device-based and server-based geolocation tracking	10
2023-06-27	Mobile Security Tips	Identify potential threats to mobile phone security	10
2023-06-27	Darknets	Recognize how darknets operate on the internet	10

Date	Lab	Description	Points Earned
2023-06-27	Cookies	Recognize how cookies are used by individuals and organizations	20
2023-06-27	Identity Theft	Recognize the ways to prevent identity theft and the warning signs to look out for	10
2023-06-27	Backups	Recognize the importance of backups	10
2023-06-27	Multi-Factor Authentication	Recall how multi-factor authentication works	10
2023-06-27	Safer Browsing	Recall how to protect yourself and your privacy as you browse the web	10
2023-06-27	Validating SIEM Results	Identify whether a SIEM's actions are accurate in any given scenario	40
2023-06-27	Incident Response Theory: Ep.2 – Process	Recognize the stages of the incident response process	40
2023-06-27	Incident Response Theory: Ep.1 – Introduction	Identify incident response principles	40
2023-06-27	Phishing Emails	Recognize the main characteristics of phishing emails	10
2023-06-27	Malware	Recognize the most common forms of malware and how they can affect you	10
2023-06-27	Shoulder Surfing	Recognize how shoulder surfing works and the various ways it can be employed	10
2023-06-27	Cyber Kill Chain	Recognize the purpose of the cyber kill chain	10

About Immersive Labs

Immersive Labs is the world's first fully interactive, on-demand, and gamified cyber skills platform. Our technology delivers challenge-based assessments and upskilling exercises which are developed by cyber experts with access to the latest threat intelligence. Our unique approach engages users of every level, so all employees can be equipped with critical skills and practical experience in real time.