

## Matt Green

Completed 61 labs earning 1960 points.



### Activity Report

Date	Lab	Description	Points Earned
2022-09-05	Compliance, Legislation, Regulation, and Standards	Describe the differences between compliance, legislation, regulation, and standards	10
2022-09-05	The Internet	Explain the history of the internet	20
2022-09-05	Software as a Service (SaaS)	Be able to describe the advantages and disadvantages of SaaS	20
2022-09-05	Platform as a Service (PaaS)	Be able to explain the advantages and disadvantages of Platform as a Service	20
2022-09-05	Infrastructure as a Service (IaaS)	Describe the advantages and disadvantages of Infrastructure as a Service (IaaS).	20
2022-09-04	Introduction to Networking: Ep.5 IP Addresses	Recognize an IP address	40
2022-09-04	Firewalls and VPNs	Recognize the benefits of firewalls and VPNs	10
2022-09-04	OSI Model	Identify the different layers of the OSI model	40
2022-09-04	Defence in Depth	Discover the principles of defence systems	20
2022-08-30	Transport Protocols	Explain the core concepts of the the most common transport protocols	40

## Activity Report Page 2 of 5

Date	Lab	Description	Points Earned
2022-08-28	Stack Overflow	Demonstrate the risk of using code found online	10
2022-08-27	MongoDB: An Introduction	A basic understanding of NoSQL Databases	100
2022-08-24	SQL: An Introduction	Gain an understanding of the SQL language and queries	100
2022-08-24	Introduction to Command & Control Frameworks	An introduction to Command and Control Frameworks	40
2022-08-22	Linux CLI: Ep. 8 Manipulating Text	Know how to modify text within files using basic command line tools	200
2022-08-21	Linux CLI: Ep. 6 Editing Files	Be able to recall some common Linux command line text editors	100
2022-08-19	Linux CLI: Ep. 5 File Permissions	Be able to read Linux file permissions	100
2022-08-19	Linux CLI: Ep. 7 Using wc	Be able to count elements in a file using the wc tool	200
2022-08-18	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
2022-08-18	Linux CLI: Ep. 3 Moving Around	Have the ability to navigate through directories on the command line	100
2022-08-18	Linux CLI: Ep. 2 Getting Started with the Terminal	Be able to recall fundamental concepts of the Linux terminal	100
2022-08-16	Linux CLI: Ep.1 Introduction to the Linux Command Line Interface	Recall Linux command line fundamentals	40
2022-08-10	Darknets	Recognize how darknets operate on the internet	10
2022-08-10	Virtual Card Numbers	Identify the different types of virtual card numbers	10
2022-08-10	Fake News	Recognize the characteristics of fake news	10

## Activity Report Page 3 of 5

Date	Lab	Description	Points Earned
2022-08-10	Disposal of Device Information	Recognize why secure device disposal is core to an organizations information management process	10
2022-08-10	Cookies	Recognize how cookies are used by individuals and organizations	20
2022-08-10	Physical Security	Identify common physical security risks	10
2022-08-10	Personal Devices in the Workplace	Recognize the risks associated with using personal devices in the workplace	10
2022-08-10	Rogue USB Devices	Recall how rogue USB devices can be used for malicious purposes	10
2022-08-10	Cyber Essentials	Identify the most common attacks outlined by the Cyber Essentials scheme	20
2022-08-10	Keylogging	Recognize what keyloggers are	10
2022-08-10	Guidance on Remote Working	Identify the risks associated with remote working	10
2022-08-10	Incident Response in the Workplace	Recall the advantages of an incident response plan	10
2022-08-10	Geolocation	Recognize the differences between device-based and server-based geolocation tracking	10
2022-08-02	Encryption Tools: CyberChef	Recall how CyberChef functions	40
2022-07-25	EXIF	Knowledge in the various sorts of data that is stored in images	40
2022-07-25	Spiderfoot	Scan and analyse data using speciality OSINT tools	40
2022-07-25	Multi-Factor Authentication	Recall how multi-factor authentication works	10
2022-07-25	Passwords	Recognize how to protect yourself and your devices with strong passwords	10

## Activity Report Page 4 of 5

Date	Lab	Description	Points Earned
2022-07-25	Real World Examples of IoT/Embedded Security Issues	Identify security best practice for IoT devices	10
2022-07-25	What Is IoT?	Recognise IoT devices and their associated risks	10
2022-07-19	Investigator Operations Security (OPSEC)	Source online information relevant to an investigation	40
2022-06-26	Security Champions	Underline what a security champion is and their purpose	10
2022-06-26	Cyber Kill Chain	Recognize the purpose of the cyber kill chain	10
2022-06-26	Social Engineering	Describe different social engineering attack techniques and their impacts	10
2022-06-26	Shoulder Surfing	Recognize how shoulder surfing works and the various ways it can be employed	10
2022-06-26	Information Security	Recognize the importance of information security for individuals and organizations	10
2022-06-26	Malware	Recognize the most common forms of malware and how they can affect you	10
2022-06-26	Why Hackers Hack	Recognize some of the methods used by hackers	10
2022-06-26	Privileged Access	Recall what privileged access is and why it's an attractive target for attackers	10
2022-06-26	GDPR Aware (ARCHIVED)	Explain the key details and impact of GDPR	10
2022-06-26	Who are the Hackers?	Recognize the different types of hackers	10
2022-06-26	Security On The Go	Recognize the security risks of using devices when away from the office	10
2022-06-26	Identifying Ransomware	Recognize the tell-tale signs of ransomware	10

## Activity Report Page 5 of 5

Date	Lab	Description	Points Earned
2022-06-22	Privacy	Identify what privacy is and why it needs protecting	10
2022-06-22	The Importance of Information Security and Cybersecurity	Describe a simulated example of a breach and recall its emotional impact	10
2022-06-22	Information Security and Cybersecurity Terminology	Recall some key information security and cybersecurity terms and phrases	10
2022-06-21	Information Security Starting at the Beginning	Recall the difference between information security and cybersecurity	10
2022-06-21	What Is Information Security?	Identify the workplace and personal security challenges that good information security practices help to solve	10
2022-06-21	History of Information Security	Recall some of the key moments for information security throughout history	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.