

# CIS250 - Lab 2 (Securing Your PC)

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CIS250 -	06	Hours: .65
Date:	4/15/2018	

## IMPORTANT

This assignment makes the assumption that students are using a desktop or laptop PC with one of the more recent versions of the Microsoft® Windows® operating systems (10, 8 or 7) installed. If you are using any other version of Windows® or a Mac that does not have OS X, you will need to use one of the virtual clients located in the CoB computer lab or a PC in REACH/CRC (Ekstrom Library). Not having a desktop PC or laptop does **NOT** excuse you from your responsibility to complete any CIS250 assignments. CoB computer labs and PCs in REACH/CRC are available as scheduled and acceptable for completing all Blackboard and MyITLab assignments in CIS250. You can also use a PC that belongs to a friend or even a member of your family. ***If you are using a Mac®, be sure to follow the respective instructions but remember that you will need to complete the MS Office steps on a Windows® PC. Any time you use the CoB virtual environment, there should be no need to install or update any software.***

1

If you have not already done so, update the required identification information (last name, first name, and section number) in the shaded area above and in the page header. For date formats, press the **F1** key to get **Microsoft® Word Help**, then search for the term “date” in order to find out how to insert current date in a long date format (**dd, MMMM dd, yyyy**). You can also click the Insert tab, then the Date option. Be sure to include your first and last name in the page header.

Note that many of the steps in these instructions will require you to copy and paste the contents of the active window (which is typically the window highlighted in dark blue) on your PC. Perform this copy using the Alt + Print Screen key sequence (or via Fn + Print Screen on some laptops) that you learned in *Lab 1* to first copy the image, then paste it into this Word document using the Ctrl + letter v shortcut or Snipping Tool (in Windows®) or Cmd + Ctrl + Shift + 3 (Mac OS X). ***Be sure to review all the important information at the top of the next page as well as the instructions for each step of Lab 2.***

## The purpose of this unique Lab Assignment is to:

- Enhance student knowledge about common computer security issues in the workplace environment and with their personal computers
- Provide students with some additional information about computer security issues and threats, including:
  - Identity Theft
  - Phishing
  - Spam
  - P2P Networks
- Further educate students about anti-virus software utilities that can protect your PC from viruses
- Introduce students to software utilities that will keep their PC systems running efficiently:
  - Anti-Virus Software
  - System Restore Point
  - PC hard drive cleaning
- Familiarize students with a couple of software download Web sites:
  - UofL iTech Xpress
  - C|Net Download
- Encourage students to review their credit report at least once per year

***Note : Lab 2 is worth 25 points. The score you earn is tabulated under the Quizzes area of the Grading Template. A couple questions related to Lab 2 will likely be included on the Final Exam. It should take about an hour to finish this.***

## IMPORTANT

Students must use Microsoft® Word 2013 (or Office 365 ProPlus) software to complete *Lab 2*. Your completed solution files must be submitted into Blackboard for grading in a PDF format (reference final page for details). Note that no solution PDF is provided. Some Macintosh PC users have reported issues with a few steps in this assignment, since their configuration differs somewhat from Windows-based PCs that are more commonly used in the business world. However, you should be able to figure it out by searching around your Mac just a bit. While Mac users will be able to complete many steps in this assignment, some require the installation of Windows-based software which demands the use of a Windows PC to successfully complete the entire Assignment. Mac users should be able to successfully complete *Lab 2*. Consider using the CoB virtual environment or one of the many PCs in REACH/CRC (over in Ekstrom Library) if you experience any issues or do not own a PC. **Note:** *All of these time-tested and industry-leading software products are available to individual users at no charge - there is no need for you to register or pay for anything at all. However, you must download each of them using only the verified hyperlinks provided to avoid introducing malware from “look alike” products. If you already have software installed that performs similar functions, you can substitute it for any given step. Email your instructor if you have questions about Lab 2 or any other assignment in the CI100 course.*

2

[Click here](#) to watch the short award-winning “*Superhighway Safety*” video posted on YouTube which was created as part of the National Cyber Security Alliance Security Awareness Video Contest sponsored by the EDUCAUSE/Internet2 Computer and Network Security Task Force in conjunction with the National Cyber Security Alliance and ResearchChannel. The video pertains to PC security and is available to view using the standard *YouTube* format. After viewing the “*Superhighway Safety*” video, you will need to respond to the question posed directly below. Note that if you are working on a PC that does not have any speakers installed or opt to use a virtual client device in the CoB lab, you will need to have a set of headphones or ear buds in order to listen to the accompanying audio track.

*According to the video, what are two ways of protecting your computer from security threats?*

- |                         |
|-------------------------|
| 1. Firewall Updated     |
| 2. Anti-virus installed |

# 3

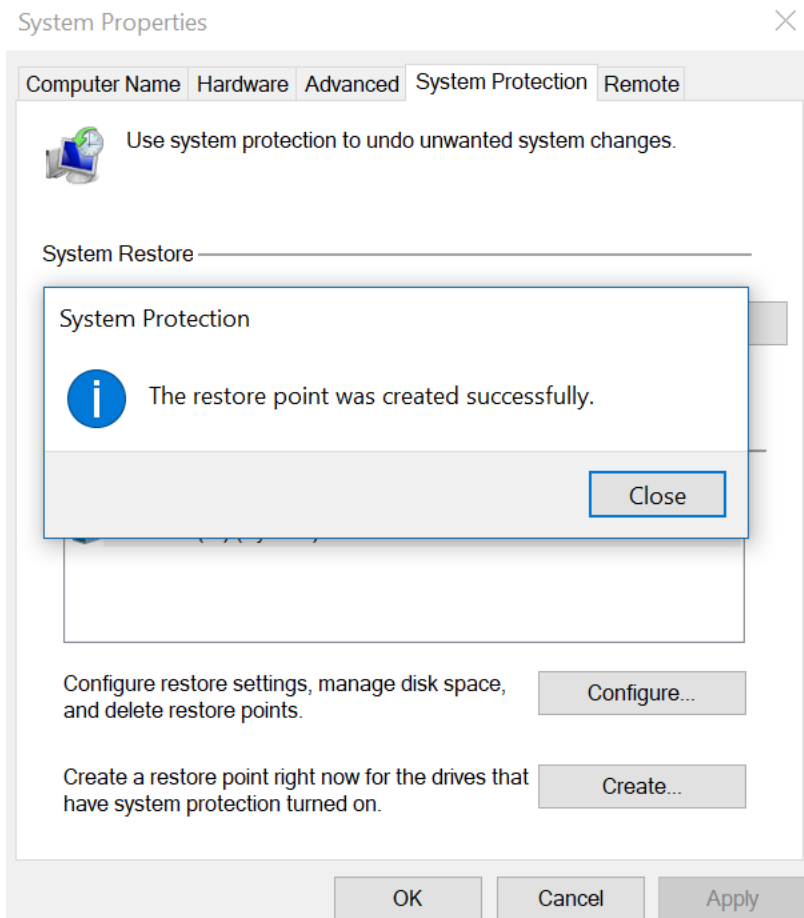
## For Students with Microsoft® Windows® 10, 8, and 7

If you are using Windows® 10, go to the Start Menu, File Explorer, right click on This PC in the left pane, and choose Properties. In the left-hand pane of the Properties dialog box select System Protection - once that dialog box loads, there will be a button near the bottom to Create a Restore Point. Take the screen image shot showing a Restore Point has been created. [Click here](#) to see what Microsoft® has to say about their System Restore utility if you are currently using Windows® 7. If you have Windows® 8 installed on your PC, [click here](#). Follow the respective Microsoft instructions provided to “Create a Restore Point” and then copy the image showing successful completion into the space below.

**Note:** You should definitely not invoke the System Restore utility, just set a new restore point for your PC. If you are using the CoB virtual machines to complete Lab 2, be advised that the System Protection tab under System Properties settings has also been hidden. Simply copy the text “I am using the CoB virtual environment.” and paste it below.

## For Students using a Mac® with OS X:

[Click here](#) to read about the various recovery options for Mac® OS X, then copy the resulting image for Time Machine into the blank space below.



4

[Click here](#) to go to the Piriform Ltd Web site to learn more about CCleaner® (formerly Crap Cleaner®), a very useful freeware system optimization tool that removes unused and temporary files from your PC. Security experts advise removing junk files and others that you no longer need to reduce the risk of your PC being hacked or otherwise compromised. Download and then install the FREE version of CCleaner® on your PC by clicking on the Download tab on the right. Once installed, use the two tabs in the upper left corner to select the specific Windows OS and Applications components that you want CCleaner® to remove. When done, copy the scan results from CCleaner® and then paste the image from the clipboard into the space below.

***Note: Be sure that you download the free version of CCleaner to complete this assignment. You might also want to execute the powerful built-in registry cleaner to remove unused and old Windows registry entries, including File Extensions, ActiveX Controls, ClassIDs, ProgIDs, Uninstallers, Shared DLLs, Fonts, Help Files, Application Paths, Icons, Invalid Shortcuts, and more as these can lead to poor performance. Should you find that CCleaner is not for you, you can uninstall from your PC after completing this Step.***

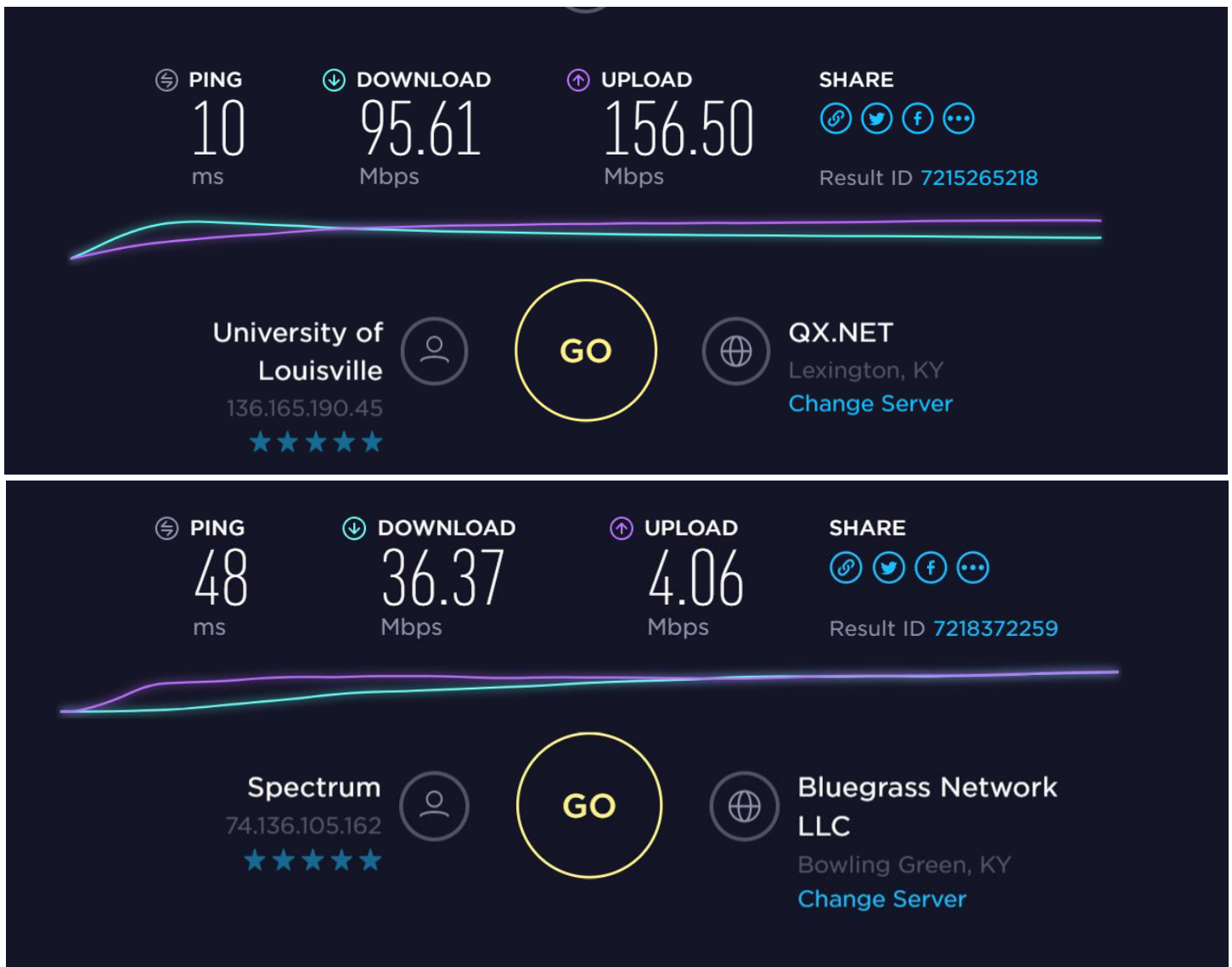
**Mac® Users:**

[Click here](#) to find the download page for the official version of CCleaner® for Mac® on the Piriform Web site. Once you have downloaded and installed CCleaner® on your PC, use the two tabs in the upper left corner and then select the Mac OS X and Applications components that you want CCleaner® to scan and subsequently remove. Note that no video will show for Mac users. Once you have configured and executed the CCleaner® utility the first time, copy the scan results and then paste the image from the clipboard into the space below.

**I already have software and don't want unwanted freeware installed on my system, even if I can uninstall it when I am done.**

5

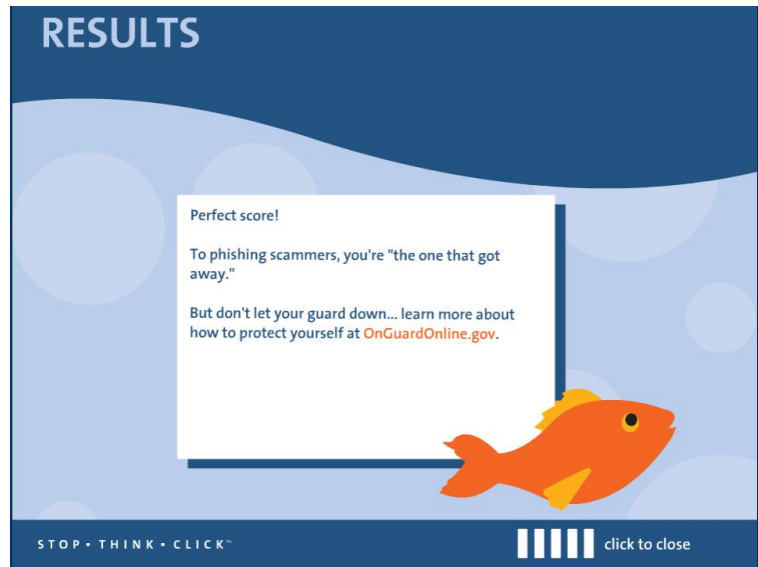
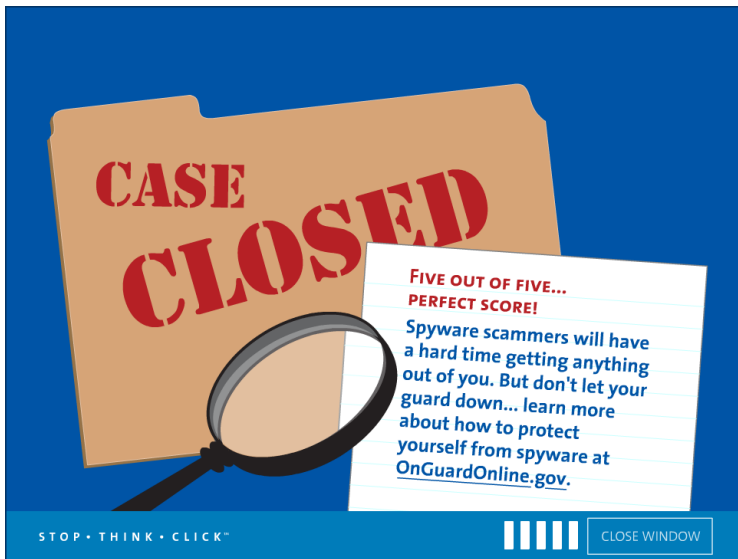
Before heading out to the Web to learn more about computer security, let's run a simple utility to check the speed of your network connection to the Internet. [Click here](#) to execute the new beta version of the Broadband Speed Test from Ookla, which takes under a minute to complete. If the beta version does not work, [click here](#) to run their Legacy app, which requires Adobe Flash. Responding to their survey is optional, but you will need to copy the speed test results and paste them below. Be sure to re-size both of the images to fit below. If you are not on the UofL intranet, take the time to compare results with the service level commitment that your Internet Service Provider (ISP) has specified. If your speed is well under their benchmark, then you should contact your ISP to report the issue. Keep in mind that network speeds may vary based on a number of factors, including the line type, quality, distance from exchange (for DSL), PC hardware capabilities, server routing, and network congestion.



6 [Click here](#) to complete four (4) relatively short computer security quizzes created in the form of online games by the U.S. Federal Trade Commission (FTC). In sequence, select the *Beware of Spyware*, *Phishing Scams*, *Spam Scam Slam*, and *Mission: Laptop Security* "games" - click on the **Video and Media** link on the left side of the page to play each game, which will test and also enhance your knowledge about these important information security topics. If a game does not load when clicking on the icon, try clicking the link directly below the image. **Note: You may see a couple of questions about these online quizzes on the Final Exam.**

After you have finished each of the FTC games, copy the image of your results into the answer space below and on the next page, placing the first two images (*Beware of Spyware* and *Phishing Scams*) below and then the other two on the subsequent page. Be sure to re-size the copied images so they fit nicely into the space provided. Note that the scores you earn on each of these four quizzes will not be considered when grading this specific Assignment, but you must complete all four of the FTC online games and provide the respective images to earn full credit for this portion of *Lab 2*.

<Paste your first two images here and then re-size them to fit into the available space below>

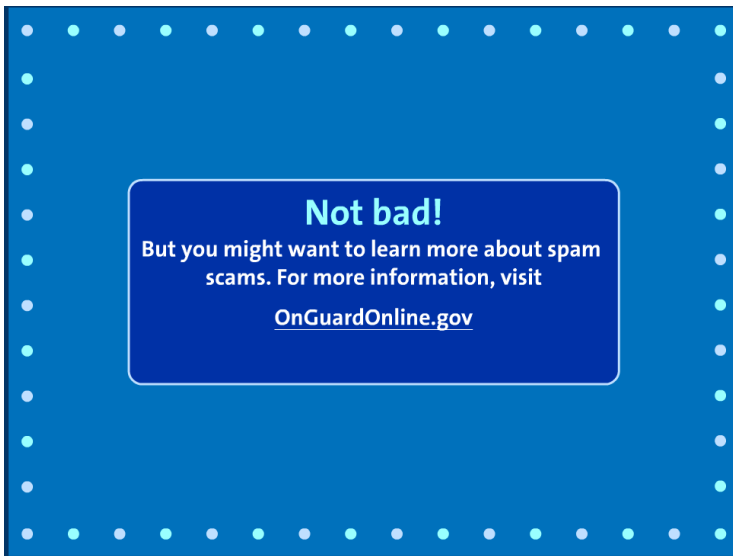


7 Paste the other two images (*Spam Scam Slam* and *Mission: Laptop Security*) from Step 6 above into the blank space directly below. Then re-size the images on this page as well as the previous page to ensure that they fit properly into the space provided.

< Paste your remaining two images here and re-size them to fit into the available space below >



*If you have not saved this Microsoft® Word document file in some time, then please do so now.*



## Page not found

[Vea esta página en español](#)

We can't find the page you requested:

[https://www.consumer.ftc.gov/sites/default/files/games/off-site/ogol/\\_mission-laptop-security.html](https://www.consumer.ftc.gov/sites/default/files/games/off-site/ogol/_mission-laptop-security.html)

Please visit [the Consumer Information homepage](#).

### It's possible:

- The page may have moved
- The page is no longer available
- There may be a typo in the web address

This error (404) has been reported to our webmaster.

Mission: Laptop Security is no longer available, I tried to reach the game is a few different ways and I always got this error.

8

[Click here](#) to read the information and statistics about “phishing” e-mail messages and take the SonicWALL® Phishing and Spam IQ Test. When you have finished, click on the “Start the Test” hyperlink and answer all of the questions posed by SonicWALL® in their Phishing IQ Test. Upon completion of the test, copy and paste the screen image which shows your results into the blank space below. The score that you earn on this quiz will not be considered when grading this Lab Assignment, but you must complete it in order to earn the full credit for this particular step of *Lab 2*.

<Paste your image here>

QUESTION #	SUBJECT	YOUR ANSWER	CORRECT ANSWER	TEST RESULT	EXPLAIN ANSWER
1	Chrome	Phishing	Legitimate	✗	<a href="#">Why?</a>
2	Paypal	Phishing	Phishing	✓	<a href="#">Why?</a>
3	One Drive	Legitimate	Phishing	✗	<a href="#">Why?</a>
4	TD Bank	Phishing	Phishing	✓	<a href="#">Why?</a>
5	HubSpot	Legitimate	Legitimate	✓	<a href="#">Why?</a>
6	DHL	Legitimate	Phishing	✗	<a href="#">Why?</a>
7	ANZ Bank	Phishing	Phishing	✓	<a href="#">Why?</a>



9

Each year, more than 10 million people across the United States fall victim to identity theft, suffering total losses of nearly \$2 billion from related fraud. [Click here](#) to access the Identity Theft Prevention Quiz hosted by LifeLock, the industry leader in identity theft protection and recovery. Answer the 22 questions posed in their Identity Theft Quiz and click on the Submit button at the bottom of the page once you have reviewed your responses. Upon completion of this Quiz, copy and paste the results of the Quiz (which are shown at the top of the subsequent page) into the blank space below, then read through the suggestions offered to reduce your risk of being a victim of identity theft.

While it is relatively easy for criminals to commit identity theft, you can definitely take action to reduce your risk of fraud and financial loss. One of the best ways to do this is by checking your credit reports from the three major bureaus (*Equifax*, *Experian* and *TransUnion*) at least once a year. Your annual free credit reports are available via the Web at [AnnualCreditReport.com](http://AnnualCreditReport.com).

***Note: Do not post your personal credit report in this file (or anywhere online) as it contains sensitive information.***

<Paste your image here>

### Identity Theft Prevention Quiz Results

**Your Safety Score is: 82**

[LifeLock promotion codes](#)

Score Rankings	
<b>0-30</b>	You are very much at risk of identity theft.
<b>31-75</b>	You are moderately at risk of identity theft.
<b>76-100</b>	You have taken prudent steps to protect yourself from identity theft.



**Congratulations - you are nearly done now! Perform one final review of this Microsoft® Word document and its accompanying instructions to ensure you have successfully completed all steps. During the review process, be sure to note the actual number of hours (elapsed clock time) that you spent on *Lab Assignment 2* at the top of the first page in the designated box. Then save this Microsoft® Word document to your PC hard drive or USB thumb drive and create a backup copy of it for future reference.**



**Be sure to rename your Microsoft® Word document template file beginning with your first and middle initials concatenated with your last name, followed by a dash, then the text "Lab2-Solution" before the ".docx" file extension. For example, if you have a first name of "Mary" and the middle name of "Jo" plus a last name of "Petty" then you would name the file "MJPetty-Lab2-Solution" - once you have done so, you need to convert this Word document file to a PDF using the Microsoft® Office 2016 *File* tab, then click *Export*.**

**Alternatively, you can use Adobe Acrobat or even a freeware utility such as [PrimoPDF](#) to create or update any PDF file. If you are using a Mac, please reference *Step 11* in *Lab 1* for details about how to create a PDF. Finally, post your completed file for *Lab 2* file into Blackboard under the respective **Submit Work Here** folder item for grading.**



*Due dates and times for all Lab Assignments are documented in the **Course Schedule** and under **My Grades** in **Blackboard**. No Assignment file(s) will be accepted for grading after the due date unless you have notified your instructor in advance of an extenuating circumstance as noted in the Course Syllabus. Please feel free to email your instructor should you have questions, concerns, or issues regarding this Lab Assignment. If you have any comments about this Assignment for your instructor (or grading assistant, you should make note of them in the Comments area directly below not in the **Submit Work Here** folder item when posting into Blackboard.*

*I couldn't find one of the games, and I didn't install the program on step 4 because I am using my personal PC and don't like installing things I don't need.*

***Note: The solution file for Lab Assignment 2 must be submitted in Adobe PDF document format for grading using the proper file name as noted in the 2nd paragraph of this page.***

*Students will be awarded up to 20 points for Lab 2 if it appears to be fully complete and only 10 points if it is materially incomplete. Zero points will be recorded for a missing Lab 2 file or if it is substantially incomplete.*