

First Principles: Least Privilege and Resource Encapsulation

1. Time: 9 to 11
2. Lecture: No Lecture
3. Activities
 - a. Activity: Hack the nurse's station using Metasploit
 - i. With a browser exploit
 1. <https://cyberoperations.wordpress.com/offense/03-metasploit-basics-attacking-the-browser/>
 2. Note: MS12-037 was actually used rather than MS13-055
 - ii. With psexec and known credentials
 1. https://www.youtube.com/watch?v=oj_ZUywCKcw
 - b. Activity: Inspect logs
 - c. Activity: Upload a benign file to Virus Total
 - d. Activity: Generate a malicious file and upload it to Virus Total
 - e. Activity: Enable Windows Defender
 - f. Activity: Enable Bitlocker
 - g. Activity: Research people using haveibeenpwned.com