First Principles: Least Privilege and Resource Encapsulation

1. Time: 9 to 11
2. Lecture: No Lecture
3. Activities
   1. Activity: Hack the nurse’s station using Metasploit
      1. 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
      2. With psexec and known credentials
         1. <https://www.youtube.com/watch?v=oj_ZUywCKcw>
   2. Activity: Inspect logs
   3. Activity: Upload a benign file to Virus Total
   4. Activity: Generate a malicious file and upload it to Virus Total
   5. Activity: Enable Windows Defender
   6. Activity: Enable Bitlocker
   7. Activity: Research people using haveibeenpwned.com