Magos Lab – Week 10: Capture The Flag (CTF) Basics

# 🎯 Objectives

Learn the format of CTFs, identify common web vulnerabilities, and practice solving beginner challenges.

# 📋 Lab Tasks

* ☐ Sign up for PicoCTF or HackTheBox.
* ☐ Complete 3 beginner-level CTF challenges involving XSS, SQLi, or logic flaws.
* ☐ Document flag, technique, and fix for each.

# 💡 Challenge Task

☐ Solve a web-based challenge involving cookie or session tampering.

# 🧠 Reflection

What mindset helps most when working on CTF problems?