Operating Systems [1] [2] [3] [4]

- Processes and Threads
- Memory Management
- File Systems
- Input/Output Management
- System Calls
- Scheduling Algorithms
- Virtualization
- Network Protocols
- Operating System Design Principles

Programming [1] [2] [3] [4] [5] [6] [7] [8] [9] [10] [11] [12] [13] [14] [15]

- Algorithms
- Data Structures
- Design Patterns
- Databases
- Java, Python, C++, etc.
- Secure Coding Practices
- Memory, Pointers, and Garbage Collectors
- APIs and Web Services
- Test-Driven Development (TDD)

Network [1] and prepare for CCNA;)

- Network Foundation:
 - High-level look at the network
 - MAC address
 - o IPV4 / IPV6
 - Network Interface Cards
 - Switches
 - Routers
 - Wireless Access Points
 - o OSI models
 - o TCP / IP
- Network Services:
 - DHCP
 - o DNS
 - o NAT
 - NTP
 - o QoS

Security [1] [2] [3] [4] [5] [6] [7] [8] [9] [10] [11] [12] [13] [14] [15] [16] [17] [18] [17] [18]

- Secure SDLC
- OWASP TOP 10
- CWE TOP 25
- Cryptography
- Security Testing Essentials
- Cloud Security
- Threat Modeling and Design Review
- Security Tools (SAST, DAST, IAST, SCA, etc.)
- Regulatory Compliance

Security [7]: is not free, but I can send you a copy of the book.

ROAD MAPs : https://roadmap.sh/;)