



## Week 1 - Networking Skills Guide

### Reminder

All Interns are required to participate in our Networking Skills Assignment. If you do not participate you will be removed from the internship and your access to our content will be revoked.

**You must complete the following tasks in the Google Form:**

**LinkedIn:**

- Create a LinkedIn post and submit it's link
- Connect with 25 interns on LinkedIn

**Twitter:**

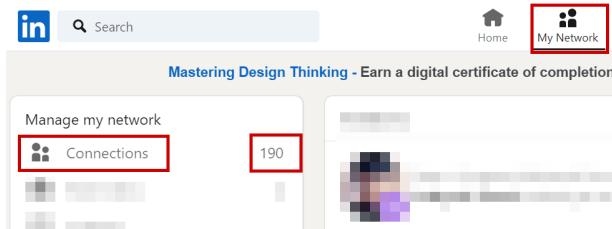
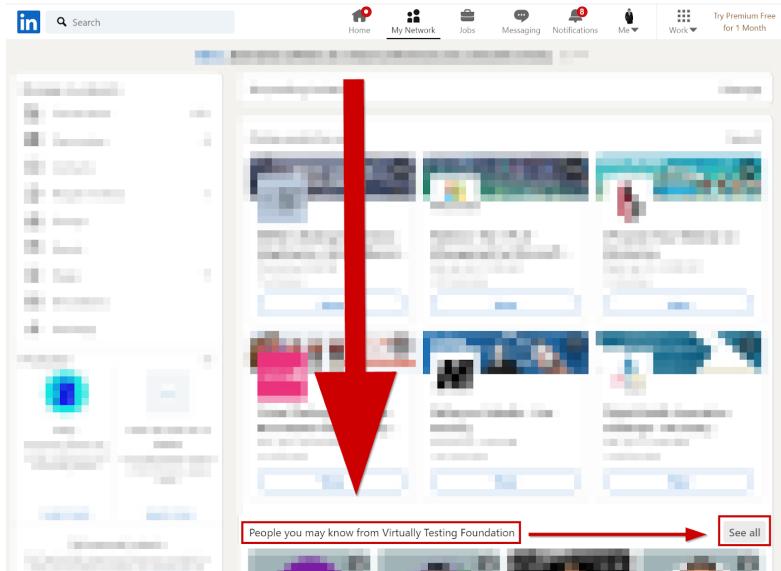
- Create a Twitter post and submit it's link
- Follow 25 interns on Twitter

**Note: Facebook link should be submitted for interns residing in Nigeria.**

**There is a total of 4 tasks**



# Linkedin - 25 Connections

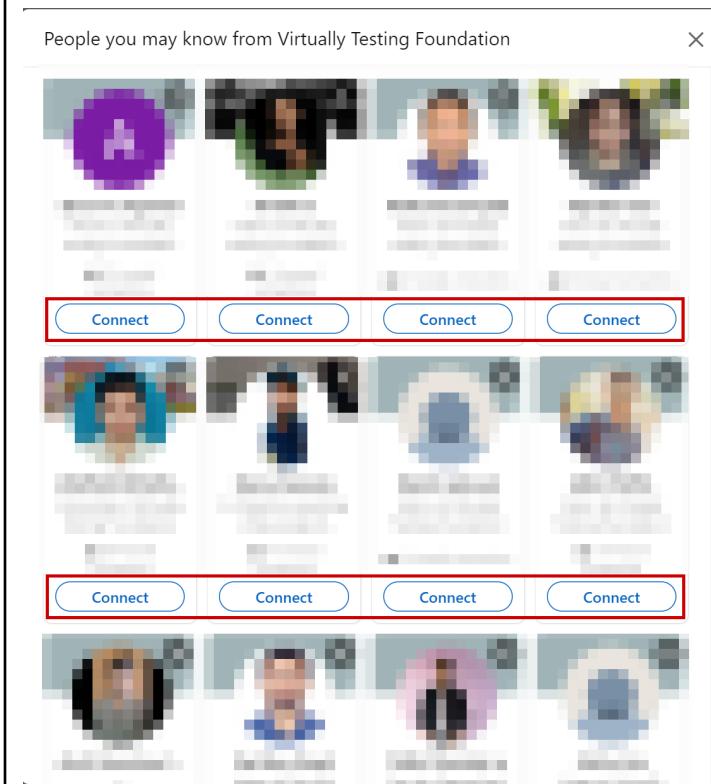
Step 1	<p>Start by signing into Linkedin and going to “My Network.” Then locate “Connections”</p>	
Step 2	<p>On the same page, scroll down until you see a section called “<b>People you may know from Virtually Testing Foundation.</b>” To the right, click “See all.”</p> <p><b>Note:</b> If you do not see this section you may have not updated your Linkedin profile properly. If this is the case, please go back to the week one assignment and properly update your profile.</p> <p>If you still can not find this section after scrolling, check out Virtually Testing’s main page and you may be able to find more people to connect to there.</p>	



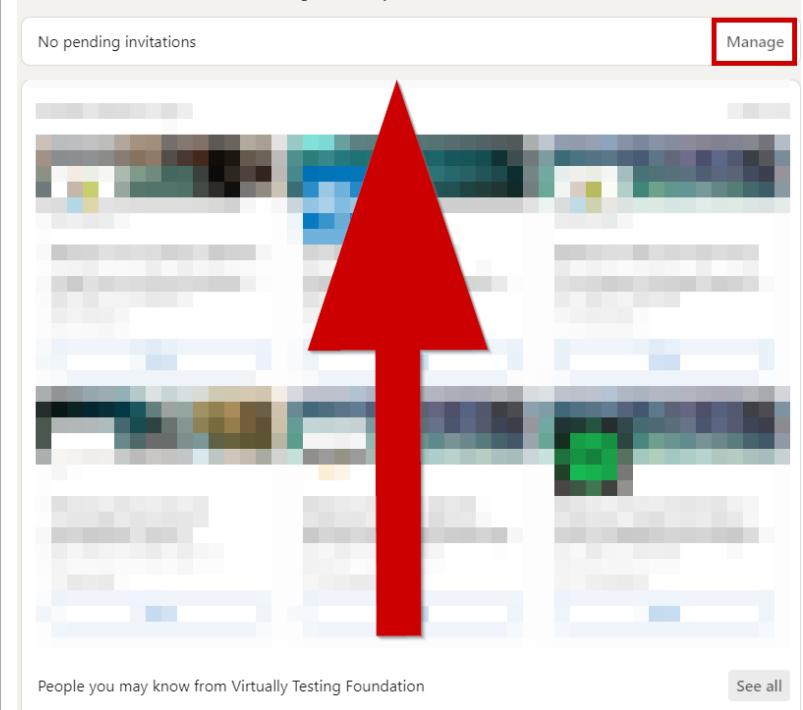
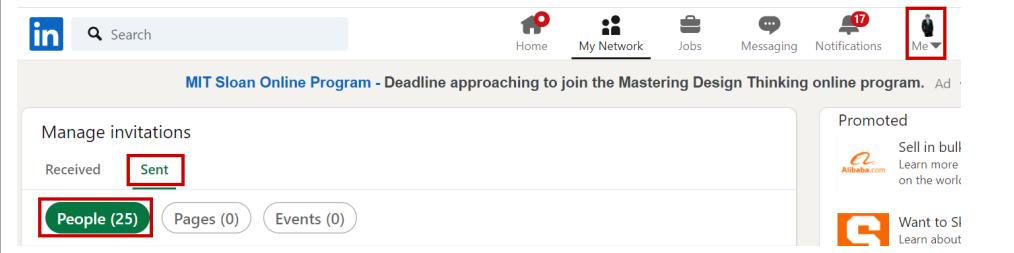
Learn, Test, and Share!

**Step 3**

Now go ahead and start making connections with your fellow interns. Once you have added at least **25** connections, exit out of the window.

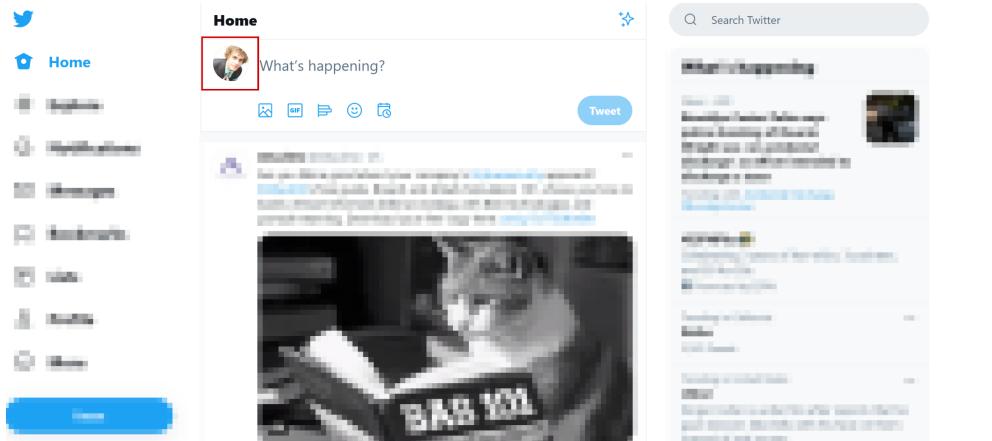
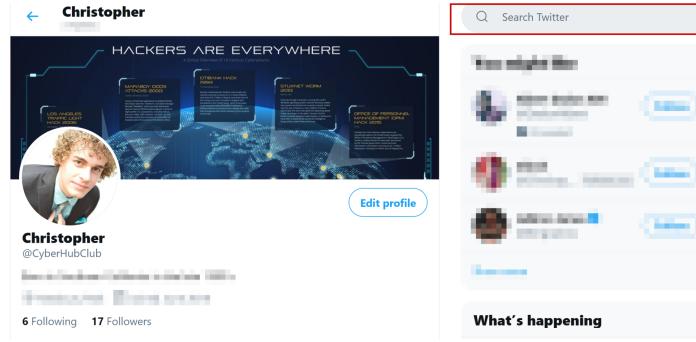




Step 4	<p>Scroll up to where it says “<b>pending invitations</b>,” or in my case “<b>no pending invitations</b>” and select “<b>manage</b>” on the right side.</p>	 <p>No pending invitations</p> <p>Manage</p> <p>People you may know from Virtually Testing Foundation</p> <p>See all</p>
Step 5	<p>Lastly, select “<b>sent</b>” and take a look at the number of people you have sent invitations to. The sent invitations should be at least 25.</p>	 <p>Search</p> <p>Home My Network Jobs Messaging Notifications Me</p> <p>MIT Sloan Online Program - Deadline approaching to join the Mastering Design Thinking online program. Ad</p> <p>Promoted</p> <p>Sell in bulk Learn more on the work</p> <p>Want to SI Learn about</p> <p>Manage invitations</p> <p>Received Sent</p> <p>People (25) Pages (0) Events (0)</p>



## Twitter - Follow 25 Interns

Step 1	<p>Start by signing into Twitter. On the home page, click on your face icon next to “What’s happening?”</p>	
Step 2	<p>Navigate to the right-hand side and select “Search Twitter”. In the search bar type in #VTFOct21</p> <p>During the first week, it may be hard to find people as the people may not have created their posts yet. If this happens, search for VTFoundation and try to follow interns who have followed VTFoundation.</p>	



Step 3	<p>Hover over the intern's name and click "follow" on the pop-up window. Make sure to like the post. Then move on to the next intern. Do this <b>25</b> times with different interns. I know this is not fun, but growing your circle will be very helpful for you.</p>	
Step 4	<p>Once you are done following <b>25</b> other interns, click the home button on the left. Then on the home page click on your face at the top next to "What's happening?"</p>	



Learn, Test, and Share!

Step 5

**NOTE: Make sure to keep your twitter account public all the time for us to see your post and the no. of interns you have followed.**

The screenshot shows a Twitter profile for a user named 'Christopher' (@CyberHubClub). The profile picture is a circular photo of a young man with curly hair. The profile header is titled 'HACKERS ARE EVERYWHERE' with a subtitle 'A Global Overview of 10 Famous Cyberattacks'. Below the header, there are four cards: 'LOS ANGELES TRAFFIC LIGHT HACK (2006)', 'MARABOY DDOS ATTACKS (2000)', 'CITIBANK HACK (1994)', and 'STUXNET WORM (2010)'. At the bottom of the profile page, it says '31 Following'. Red boxes with arrows point to several elements: one arrow points to the name 'Christopher' at the top; another points to the profile picture; a third points to the handle '@CyberHubClub'; a fourth points to the 'Following' count; and a fifth points to the 'Edit profile' button.



Learn, Test, and Share!

# Linkedin - Creating A Post

## Step 1

Start by signing in and going to your home page then select "Photo."

The screenshot shows the LinkedIn home page on the left and the post creation interface on the right.

**LinkedIn Home Page:** Shows profile picture, name (Chris Repich), title (Internship Manager at Virtually Testing Foundation), and activity metrics (Who viewed your profile: 141, Views of your post: 35). It also features a "Try Premium Free for 1 Month" offer and sections for My items, Groups, Events, and Followed Hashtags.

**Post Creation Interface:** Shows a "Start a post" input field and four options: Photo (highlighted with a red box), Video, Event, and Write article. Below this, a post by Bhavesh Dhake is shown, featuring a certificate from TryHackMe.

**Certificate:** Issued on 14th April 2021, to Bhavesh Dhake, for successfully completing the CompTIA Pentest+ Learning Path. It includes signatures of Jon Peters, CTO, Aditi Savani, CTO, and Ben Spring, CEO.

**Post Interaction:** The certificate post has 74 comments. A comment from Chris Repich is highlighted with a red box: "Awesome Job! Love TryHackMe". The "Like" button is also highlighted with a red box.

**Note:** While I was here, I commented on and liked another intern's post. I suggest you get in the habit of doing this, but it is not mandatory. →



**Step 2**

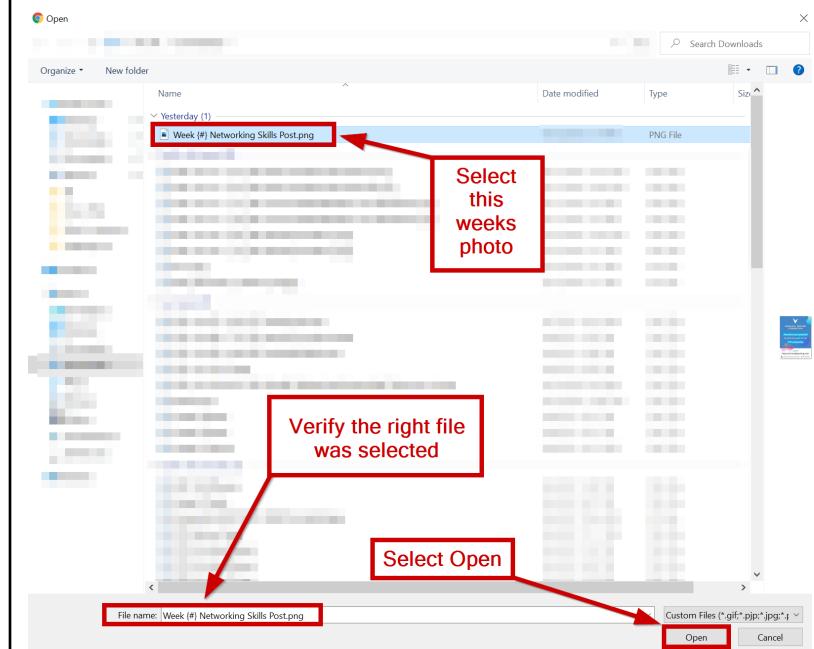
**Download This Photo**

Select the file that you downloaded earlier titled “Week {#} Networking Skills Post.png”

Verify that you have the correct file, then select “Open”.

**Note: The {#} stands in place of the week number you are currently in. So if you are in week 1 of your internship the file would say:**

Week 1 Networking Skills Post.png





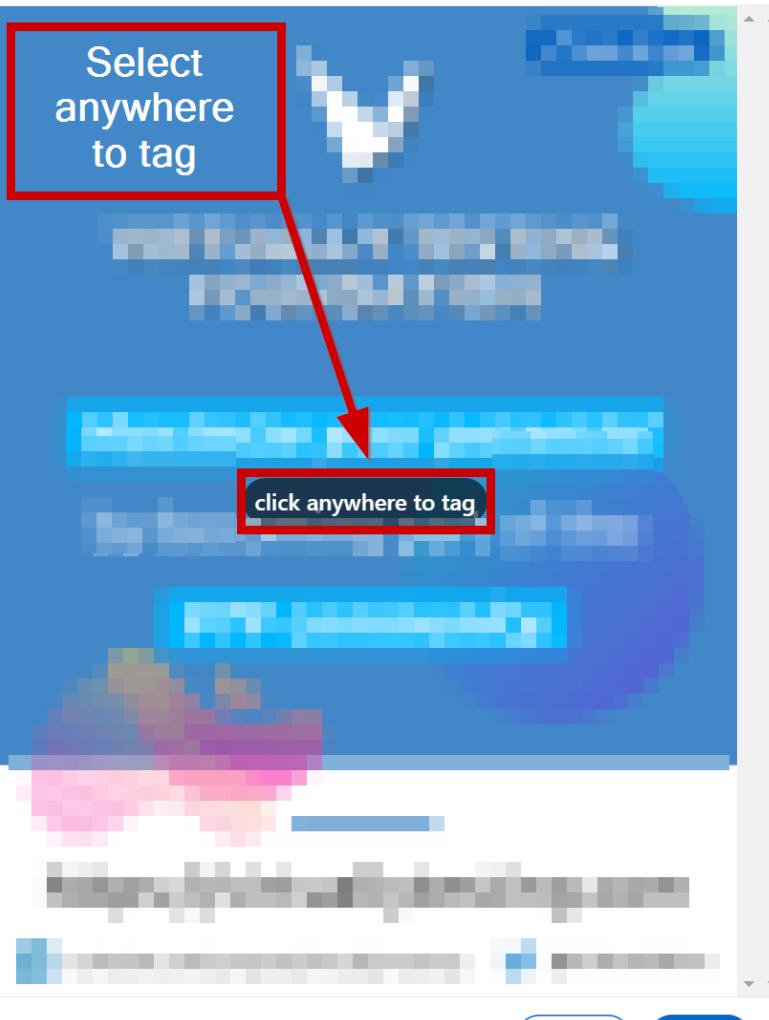
Learn, Test, and Share!

**Step 3**

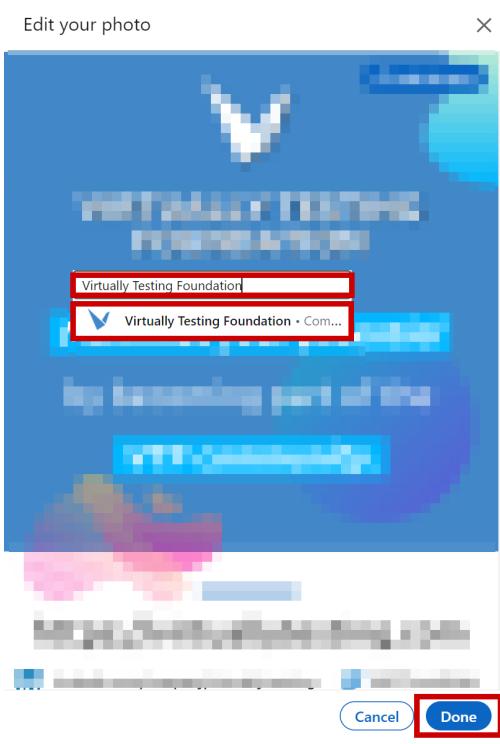
Next, select anywhere on the photo you uploaded to tag.

Edit your photo

X





Step 4	<p>Type in Virtually Testing Foundation. A menu will pop up while typing. Click on Virtually Testing Foundation. You must do this or you will not tag Virtually Testing properly. Then select “Done”.</p>	
Step 5	<p>Select one of the phrases below. Each week select a different introduction phrase. Please choose these at random and do not go in order.</p>	



Step 6	<p><b>Note: Make sure that you click on @Virtually Testing Foundation and all hashtags then select them in the popup menu. If you do not do this you will not tag properly and will not receive full credit as result.</b></p> <p>You can use one of the following phrases each week to explain what you learned this week at VTF. You must choose a different phrase each week. Do not use the same phrase twice. Choose your phrase at random.</p> <p>Your {title} is “Penetration Testing Intern”</p> <ol style="list-style-type: none"><li>1. {Introduction}<ol style="list-style-type: none"><li>a. As a {Title} at @virtually testing foundation, I learned this week</li><li>b. It has been an exciting week at @virtually testing foundation as a {title}. I learned</li><li>c. I am excited to be a {title} at @virtually testing foundation. This week, I learned</li><li>d. Being a {title} at @virtually testing foundation is going great! This week, I learned</li><li>e. Here at @virtually testing foundation, being a {title} has been an amazing experience! This week, I learned</li><li>f. It's a great experience being a {title} here at @virtually testing foundation. This week, I learned</li><li>g. I am learning so much as a {title} here at @virtually testing foundation. This week, I learned</li><li>h. @virtually testing foundation has given me a great opportunity as a {title}. This week I learned</li><li>i. It has been a productive week as a {title} here at @virtually testing foundation. I learned</li><li>j. Thanks to @virtually testing foundation, being a {title} has been a great chance to learn. For example, this week I learned</li></ol></li></ol>
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Step 7	<p>After entering in your introduction make sure to click on @Virtually Foundation Foundation. A sub-menu will pop up. Click on Virtually Testing Foundation.</p> <p>If this is done properly, the Virtually <b>Testing Foundation</b> will be <b>BOLD</b>.</p> <p>See the photo below in Step 8</p>	<p>Create a post <span style="float: right;">X</span></p> <p>Chris Repich <span style="border: 1px solid #ccc; padding: 2px;">Anyone ▾</span></p> <p>As a {Title} at @Virtually Testing Foundation I learned this week</p> <div style="border: 2px solid red; padding: 5px; margin-bottom: 10px;"> Virtually Testing Foundation • Company • Information Technology ...</div> <p>Add hashtag <a href="#">#learning</a> <a href="#">#training</a> <a href="#">#networking</a> <a href="#">#help</a> &gt;</p> <p>      ... <span style="margin-left: 10px;">Anyone</span> <span style="background-color: blue; color: white; border-radius: 50%; padding: 5px 10px; font-weight: bold;">Post</span></p>
Step 8	<p>After selecting a random introduction that you did not use in the previous week from the above answer, describe in your own words what you learned this week from any Virtually Testing assignment you did in this internship.</p>	<p>Chris Repich <span style="border: 2px solid red; padding: 2px;">Introduction Template</span></p> <p>As a Director at <span style="border: 2px solid red; padding: 2px;">Virtually Testing Foundation</span> I learned this week</p> <p><span style="border: 2px solid red; padding: 2px;">{What I Learned}</span> ← <span style="border: 2px solid red; padding: 2px;">Brief summary of what you learned this week at VT</span></p>



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**Step 9**

To the right is an example of how the {What I Learned} template could look like in your post. **Do not copy what I wrote** as it is not from the correct week. If you do this, you will not receive full credit. **This must be done in your own words.**

Make sure to update your correct title and do not copy the one given in the example.

Create a post X



Chris Repich

Anyone ▾

As a Director at **Virtually Testing Foundation** I learned this week that creating Networking Guides is very time intensive. Thankfully, I have a wonderful staff to help!

Add hashtag [#networking](#) [#help](#) [#training](#) [#testing](#) >



...



Anyone

Post



Step 10	<p>Next add in these hashtags:</p> <p>#VTfoundation #VTFOct21 #internships</p> <p>Make sure to update your correct title and do not copy the one given in the example.</p> <p>To the right is an example. <b>Do not copy what I wrote</b> as it is not from the correct week. If you do this, you will not receive full credit. <b>This must be done in your own words.</b></p> <p><b>Note: Keep your overall character count under 280. Otherwise, you will not be able to copy and paste this information into Twitter. If you are concerned about character number use <a href="#">Twitter Character Counter - Check your Tweet length and more!</a></b></p>	<p>Create a post <span style="float: right;">X</span></p> <p>Shreyansh Shukla <span style="border: 1px solid #ccc; border-radius: 50%; padding: 2px 5px; margin-left: 10px;">Anyone ▾</span></p> <p>As an Internship Proctor at Virtually Testing Foundation, I learned this week that creating Networking Guides is very time-intensive. Thankfully, I have a wonderful staff to help!</p> <p><b>#VTfoundation #VTFOct21 #internships</b></p> <p>Add hashtag <a href="#">#internship</a> <a href="#">#testing</a> <a href="#">#career</a> <a href="#">#education</a> &gt;</p> <p> <span style="margin-left: 10px;">...</span> <span style="border: 1px solid #ccc; border-radius: 50%; padding: 2px 5px; margin-left: 10px;">Anyone</span> <span style="background-color: #0072BD; color: white; border-radius: 50%; padding: 5px 15px; float: right;">Post</span></p>
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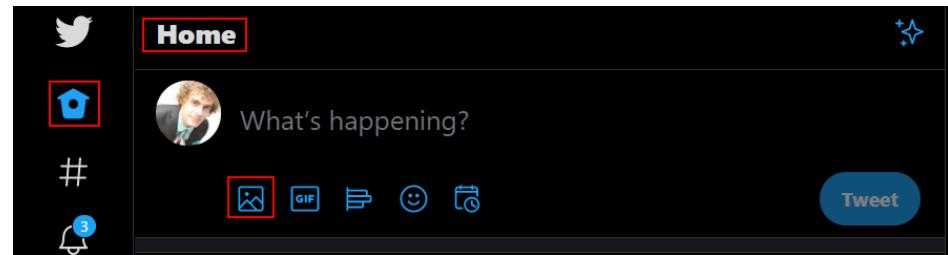
Step 11	<p>Verify that all the information is correct. Start by checking that your post is grammatically correct, words are spelled correctly, the correct photo is attached, the @ is done correctly, and the hashtags have been done properly. If you have done this correctly, your post should look like mine on the right.</p> <p>Make sure to update your correct title and do not copy the one given in the example.</p> <p>Once you are done verifying that everything is done correctly, select “post” in the lower right-hand corner of the pop-up window to make this post live.</p>	<p>Create a post <span style="float: right;">X</span></p> <p>Shreyansh Shukla <span style="border: 1px solid #ccc; border-radius: 50%; padding: 2px 5px; margin-left: 10px;">Anyone ▾</span></p> <div style="border: 2px solid red; padding: 10px; margin-top: 10px;"><p>As an Internship Proctor at <b>Virtually Testing Foundation</b>, I learned this week that creating Networking Guides is very time-intensive. Thankfully, I have a wonderful staff to help!</p><p>#VTfoundation #VTFOct21 #internships</p></div> <p style="text-align: center; margin-top: 20px;"><a href="#">Add hashtag</a> <a href="#">#internship</a> <a href="#">#testing</a> <a href="#">#career</a> <a href="#">#education</a> &gt;</p> <p style="text-align: center; margin-top: 20px;"><span style="border: 1px solid #ccc; border-radius: 50%; padding: 5px 10px; margin-right: 10px;"></span> <span style="border: 1px solid #ccc; border-radius: 50%; padding: 5px 10px; margin-right: 10px;"></span> <span style="border: 1px solid #ccc; border-radius: 50%; padding: 5px 10px; margin-right: 10px;"></span> <span style="border: 1px solid #ccc; border-radius: 50%; padding: 5px 10px; margin-right: 10px;"></span> <span style="border: 1px solid #ccc; border-radius: 50%; padding: 5px 10px; margin-right: 10px;"></span> ... <span style="border: 1px solid #ccc; border-radius: 50%; padding: 5px 10px; margin-right: 10px;"></span> Anyone <span style="border: 2px solid red; border-radius: 50%; padding: 5px 10px; background-color: blue; color: white; font-weight: bold;">Post</span></p>
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## Twitter - Creating A Post

**Step 1** Log in and go to the home page. Then, under “Home” go to the top where it says “Start a post” and select the Photo icon.

**Note: Facebook should be used instead of twitter for interns residing in Nigeria.**

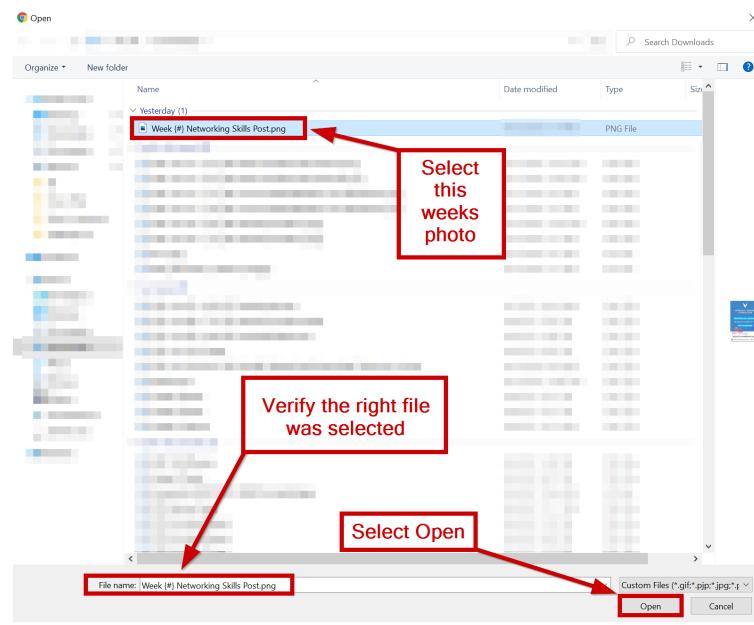


**Step 2** Step 2: Select the file that you downloaded earlier titled “Week {#} Networking Skills Post.png”

Verify you have the correct file then select “Open”.

**Note:** The {#} stands in place of the week number you are currently in. So if you are in week 1 of your internship the file would say:

Week 1 Networking Skills Post.png

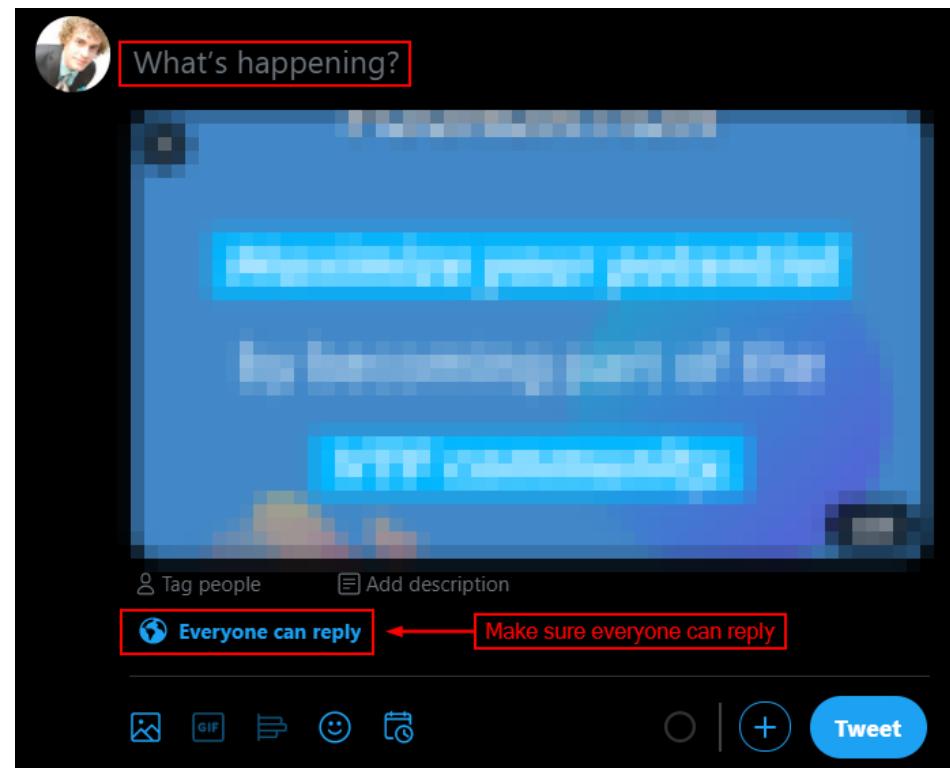




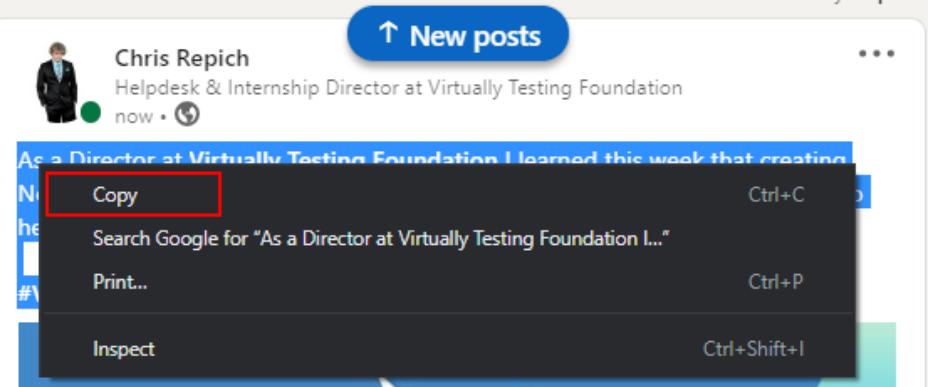
Learn, Test, and Share!

**Step 3**

Start making your tweet by going to the “What’s happening” section above the “Week {#} Networking Skills Post.png” that you just added.





Step 4	<p>Go to the LinkedIn post you just created above and copy the paragraph to ensure continuity across both platforms.</p>	 <p>Chris Repich Helpdesk &amp; Internship Director at Virtually Testing Foundation now • </p> <p>As a Director at Virtually Testing Foundation I learned this week that creating Networking Guides is very time-intensive. Thankfully, I have a wonderful staff to help!</p> <p>New Post  New posts </p> <p>Copy  Ctrl+C</p> <p>Search Google for "As a Director at Virtually Testing Foundation I..." </p> <p>Print...  Ctrl+P</p> <p>Inspect  Ctrl+Shift+I</p>
Step 5	<p>Copy and paste the LinkedIn paragraph into your Twitter post. Notice how the Virtually Testing Foundation did not @ properly. There also may be some spacing or formatting issues.</p> <p>Make sure to update your correct title and do not copy the one given in the example.</p>	<p>Home </p>  <p>As an Internship Proctor at Virtually Testing Foundation, I learned this week that creating Networking Guides is very time-intensive. Thankfully, I have a wonderful staff to help!</p> <p>#VTfoundation #VTFOct21 #internships</p>



Step 6	<p><b>Make sure that you retype @VirtuallyTestingFoundation as @VTFoundation. A sub-menu will pop up. Select Virtually Testing Foundation.</b></p> <p><b>Note: When copying and pasting from LinkedIn to Twitter you may have random spaces added. Make sure you remove these extra spaces as well.</b></p> <p>Verify that you have spelled everything correctly and used the proper syntax (@ and #).</p>	<p>Home</p> <p>As an Internship Proctor at <b>@VTF</b>, I learned this week that creating Networking Guides is very time-intensive. Thankfully, I have a wonderful staff to help!</p> <p>#VTfoundation #VTFOct21 #internships</p> <p><b>Virtually Testing Foundation (@VTFoundation)</b></p>
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**Step 7**

Verify that you have spelled everything correctly and used the proper syntax (@ and #). If everything is formatted correctly, then click on the “Tweet” button.  
  
Make sure to update your correct title and do not copy the one given in the example.

**Home**



As an Internship Proctor at @VTF, I learned this week that creating Networking Guides is very time-intensive. Thankfully, I have a wonderful staff to help!  
**#VTfoundation #VTFOct21 #internships**



Foundation

*"VTF offers entry-level to advanced level technical and non-technical positions"*

Edit

Virtually Testing Foundation (VTF)

Add description

Everyone can reply

Make sure everyone can reply



Word Count



Tweet



Learn, Test, and Share!

# Submitting Your Work To Google Form

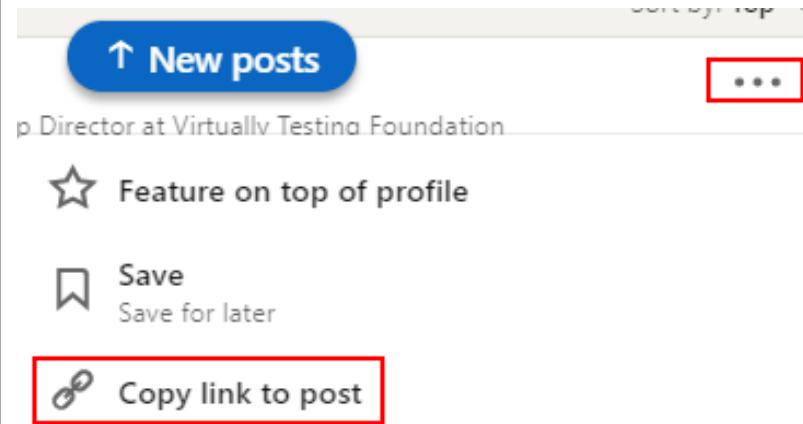
## Step 1

Go to the current week's "Networking Skills Assignment" google form.

The screenshot shows a Google Form titled "Networking Assessment - Week 1". At the top right is a QR code. Below the title, it says "VTF Hackify Pen testing Internship" and "This Form will be accepting response till October 13, 2021 : 23:59:59 PDT". There is a "Switch account" link and a "Required" indicator. The form contains three required fields: "Email \*", "Name \*", and "LinkedIn \*". Each field has a placeholder text below it: "Your email", "Your answer", and "Your LinkedIn profile URL".



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<b>Step 2</b>	<p>Go to your Linkedin post that you just created and click on the three dots.</p> <p>Then select “Copy link to post”</p>	 <p>The screenshot shows a LinkedIn post interface. At the top, there's a blue button labeled "↑ New posts". Below it, a profile picture and the name "p. Director at Virtually Testing Foundation" are visible. To the right of the name is a red-bordered box containing three dots (...). Below this, there are two options: "Feature on top of profile" with a star icon and "Save" with a bookmark icon, both followed by "Save for later". At the bottom of the menu, the "Copy link to post" option is highlighted with a red box and accompanied by a copy icon.</p>
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Learn, Test, and Share!

**Step 3**

Scroll down, and paste the “Link” of the LinkedIn post you copied!

LinkedIn \*

Enter Your LinkedIn Post Link. Example is shown how to get the link.

The screenshot shows a LinkedIn profile for ANIRUDH NAIR, Security Enthusiast. A post about an AWS Cloud Security Associate internship is displayed. A context menu is open over the post, with the 'Copy link to post' option highlighted by a red box. A red arrow points from this highlighted box to a text input field below, which is also enclosed in a red box and labeled 'Your answer'. The input field is intended for pasting the copied LinkedIn post link.

Paste the link to the post here.



Learn, Test, and Share!

#### Step 4

Now go to your home page on Twitter and select the post you just created.

The screenshot shows the Twitter mobile interface. On the left is a sidebar with icons for Home, Explore, Notifications, Messages, Bookmarks, Lists, Profile, and More, with 'Home' being the active tab. Below the sidebar is a blue 'Tweet' button. At the bottom of the sidebar is the user's profile information: a small circular profile picture, the name 'Christopher', and the handle '@CyberHubClub'. The main area is titled 'Home' and displays a single tweet from 'Christopher @CyberHubClub'. The tweet content is: 'As a Director at @VTFoundation I learned this week that creating Networking Guides is very time intensive. Thankfully, I have a wonderful staff to help!' followed by hashtags '#VTFoundation #VTFJuly21 #internships'. Below the tweet is a graphic with the text 'VTF community.' and a link 'https://virtuallytesting.com'. At the bottom of the tweet card are engagement metrics: 545 replies, 630 retweets, 5.9K likes, and 1 quote. There are also standard social media sharing icons (Share, Copy, Like, Retweet) and a three-dot menu icon.



Learn, Test, and Share!

### Step 5

Go up to the URL field and copy the URL.

Anirudh Nair @Nair4U\_ · Jun 10  
Join our latest internship and become an AWS cloud security associate. Get real-world, hands-on experience with interactive labs!  
Apply today at the link below.   
[lnkd.in/dvqqf7u](https://lnkd.in/dvqqf7u)  
#cybersecurity #VTFoundation #nonprofit #AWS #internships #VTFapril21wk9

**AWS Cloud Security Associate**  
10-week beginner track unpaid internship  
June to September, 2021  
Made possible by

Virtually Testing Foundation (VTF) is currently seeking talented AWS Cloud Security Engineer(s).  
Virtually Testing Foundation (VTF)

1 2 3

Anirudh Nair @Nair4U\_ · Jun 10  
Join our latest internship and become an AWS cloud security associate. Get real-world, hands-on experience with interactive labs!  
Apply today at the link below.   
[lnkd.in/dvqqf7u](https://lnkd.in/dvqqf7u)  
#cybersecurity #VTFoundation #nonprofit #AWS #internships #VTFapril21wk9

**AWS**  
10-week

Send via Direct Message Remove Tweet from Bookmarks Copy link to Tweet Share Tweet via ...



Learn, Test, and Share!

**Step 6**

Now go back to your google form.

Scroll down and paste the “URL” of the Twitter post you copied!

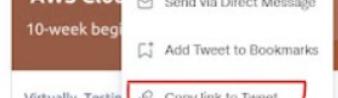
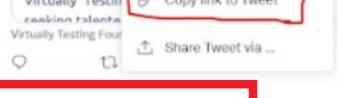
Twitter \*

Enter Your Twitter Post Link. Example is shown how to get the link.

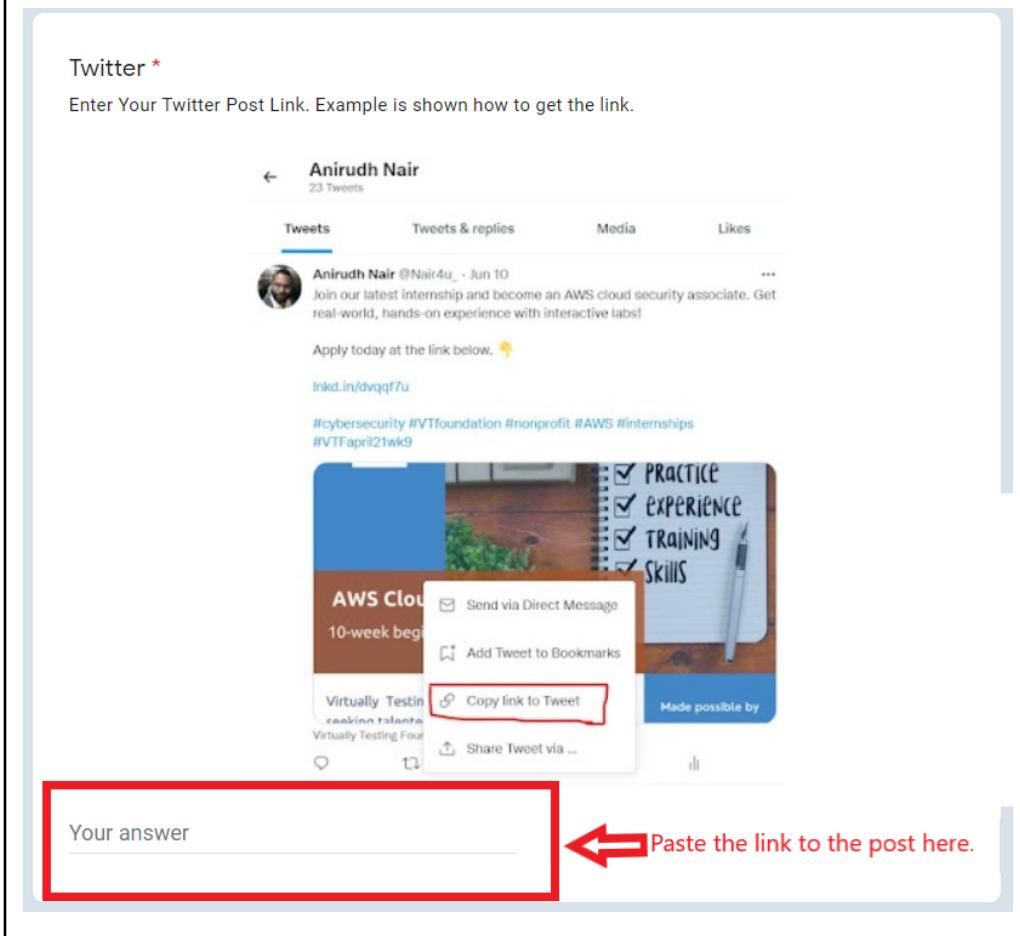
Anirudh Nair  
23 Tweets

Tweets    Tweets & replies    Media    Likes

Anirudh Nair @Nair4u\_ · Jun 10  
Join our latest internship and become an AWS cloud security associate. Get real-world, hands-on experience with interactive labs!  
Apply today at the link below.   
[lnkd.in/dvqqf7](https://lnkd.in/dvqqf7)  
#cybersecurity #VTFoundation #nonprofit #AWS #internships #VTFApril21wk9

AWS Cloud 10-week begin  Send via Direct Message  
Virtually Testing  Add Tweet to Bookmarks  
Virtually Testing Four  Copy link to Tweet  
Made possible by 

Your answer  Paste the link to the post here.





Learn, Test, and Share!

Step 7	<p>Check Yes, if you have followed and connected with at least 25 interns on Twitter and LinkedIn</p> <p><b>NOTE: This is a mandatory part of the Networking Assignment and you are required to connect / follow 25 interns.</b></p>	<p>Have you Followed / Connected with 25 Interns? *</p> <p><input checked="" type="radio"/> Yes <input type="radio"/> No</p> <p>A copy of your responses will be emailed to the address you provided.</p> <p><b>Submit</b> <a href="#">Clear form</a></p> <p>Never submit passwords through Google Forms.</p>
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Learn, Test, and Share!

**Step 8**

Once you are done with pasting both the twitter post link and the linkedin post link. Click on submit.

Have you Followed / Connected with 25 Interns? \*

Yes  
 No

A copy of your responses will be emailed to the address you provided.

**Submit**   Clear form

Never submit passwords through Google Forms.



## Reminder

All Interns are required to participate in our Networking Skills Assignment. If you do not participate you will be removed from the internship and your access to our content will be revoked.

**You must upload the following information to Google Form:**

**Linkedin:**

- 1 link to the LinkedIn post that you created
- Connect with 25 interns on LinkedIn

**Twitter:**

- 1 link to the Twitter post that you created
- Follow 25 interns on Twitter

**Note: Facebook link should be submitted for interns residing in Nigeria.**

**This is a total of 4 tasks.**