Week 8 - 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 and submit them in the Google Form:
- Create a **LinkedIn OR Twitter** post and submit any one link
- Connect with 5 interns on LinkedIn
- Follow 5 interns on Twitter
- Connect and follow a [Technical Page/Institute/Personality](#) shared by us below.

Note: Interns residing in Nigeria can submit Facebook links instead of twitter links.
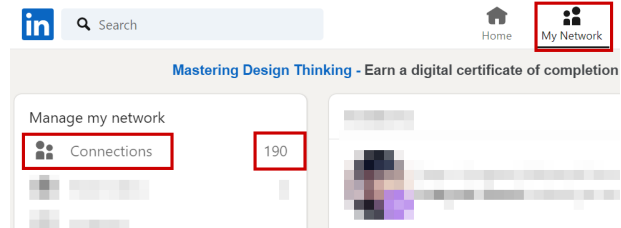
There are a total of 4 tasks

5 Connections and Follows

Linkedin

Step 1	Start by signing into Linkedin and going to "My Network." **Then locate "Connections"**	

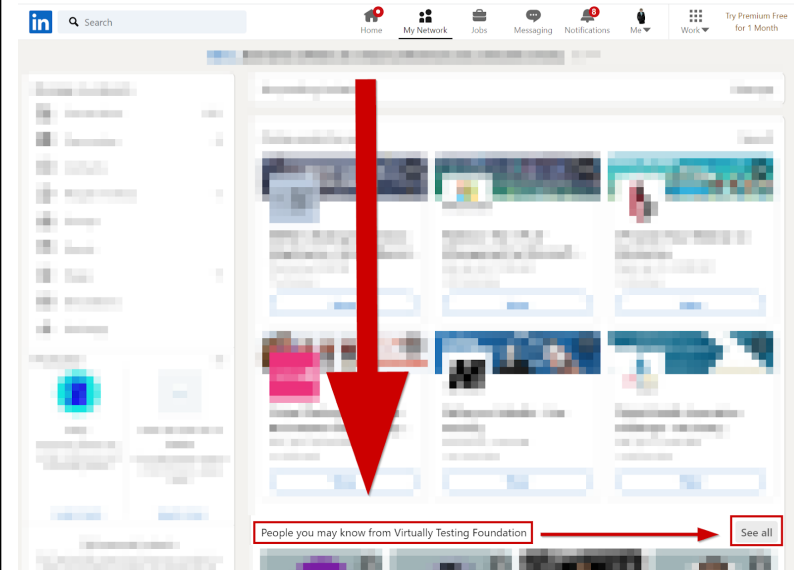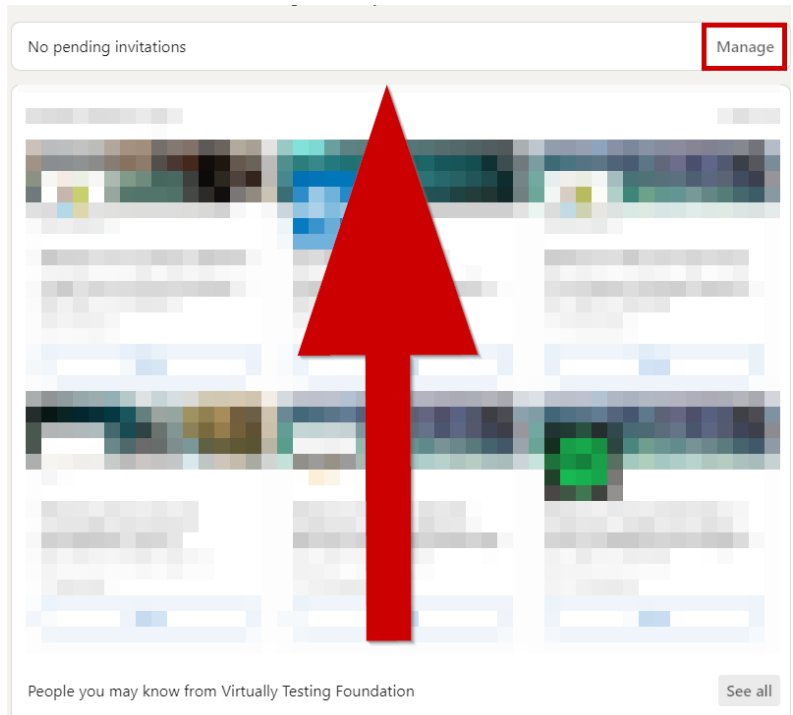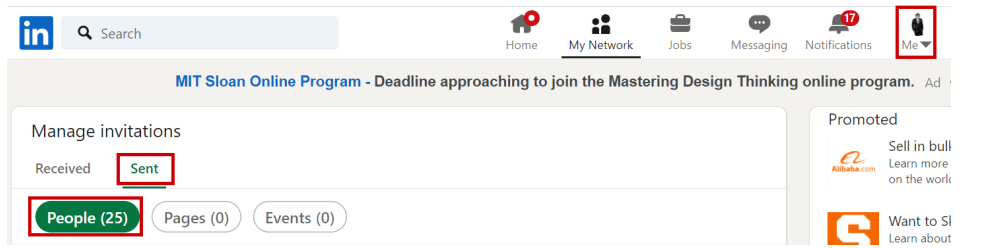|	
Step 2	On the same page, scroll down until you see a section called "**People you may know from Virtually Testing Foundation**." To the right, click "**See all**." **Note: If you do not see this section you may have not updated your Linkedin profile properly. If this is the case, please go back to the week one assignment and properly update your profile.** 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.	

Step 3	Now go ahead and start making connections with your fellow interns. Once you have added **5** connections, exit out of the window.	People you may know from Virtually Testing Foundation ✕ Connect Connect Connect Connect Connect Connect Connect Connect
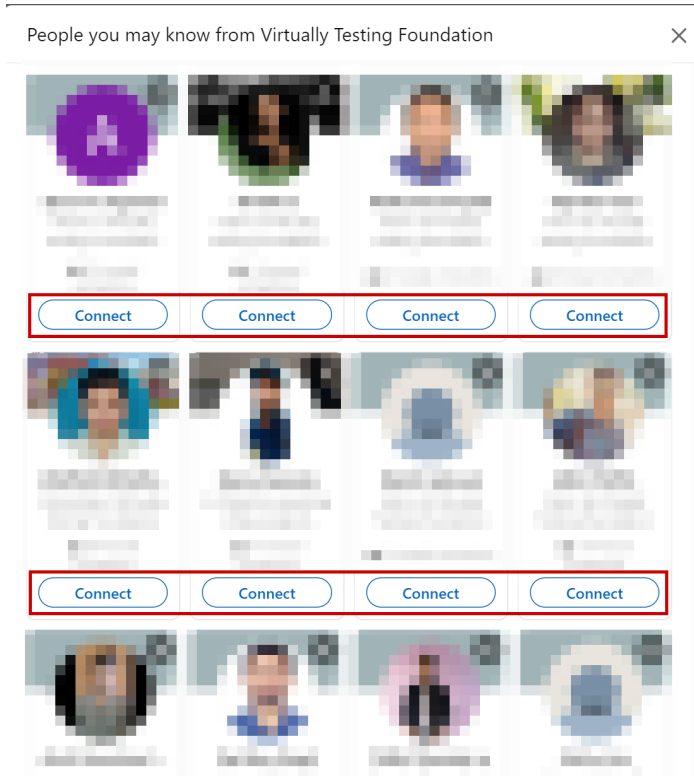
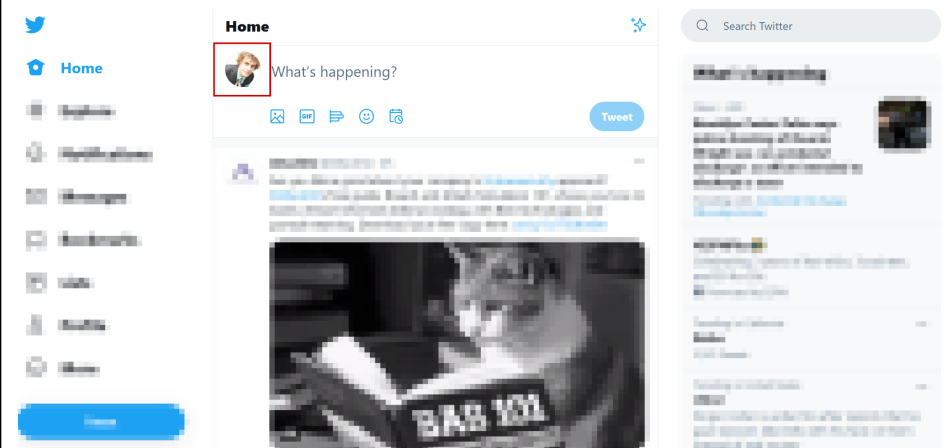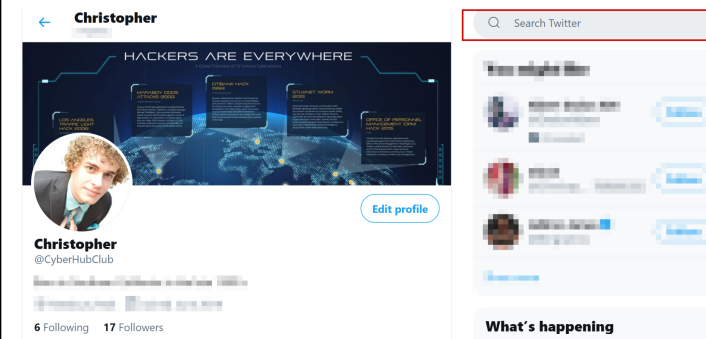|		
Step 4	Scroll up to where it says "**pending invitations**," or in my case "**no pending invitations**" and select "**manage**" on the right side.	
Step 5	Lastly, select "**sent**" and take a look at the number of people you have sent invitations to. The sent invitations should be at least 5.	

Learn, Test, and Share!

Twitter

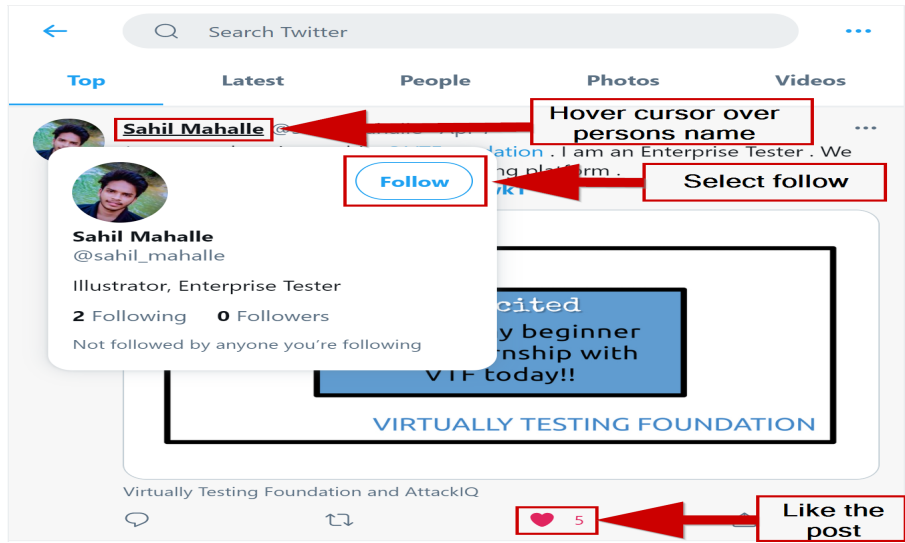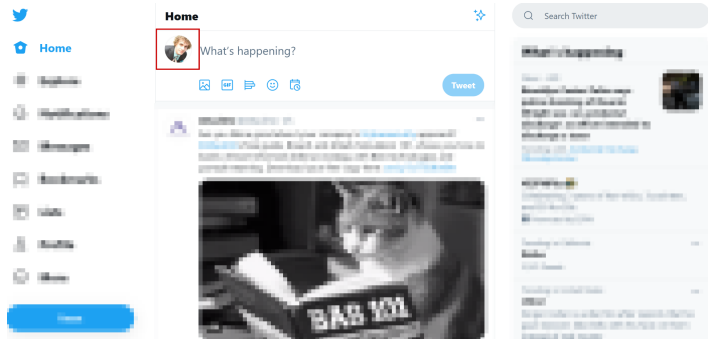|		
Step 1	Start by signing into Twitter. On the home page, click on your face icon next to "**What's happening?**"	
Step 2	Navigate to the right-hand side and select "Search Twitter". In the search bar type in #VTFOct21 During the first week, it may be hard to find people as the people may not have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

Step 3	Hover over the intern's name and click "**follow**" on the pop-up window. Then move on to the next intern. Do this **5** times with different interns. I know this is not fun, but growing your circle will be very helpful for you.	
Step 4	Once you are done following **5** other interns, click the home button on the left.	

Revised:11/18/2021

Follow a Technical Page/ Institute/ Personality

Step 1: Twitter	You **must** follow this Personality : @MITREattack	
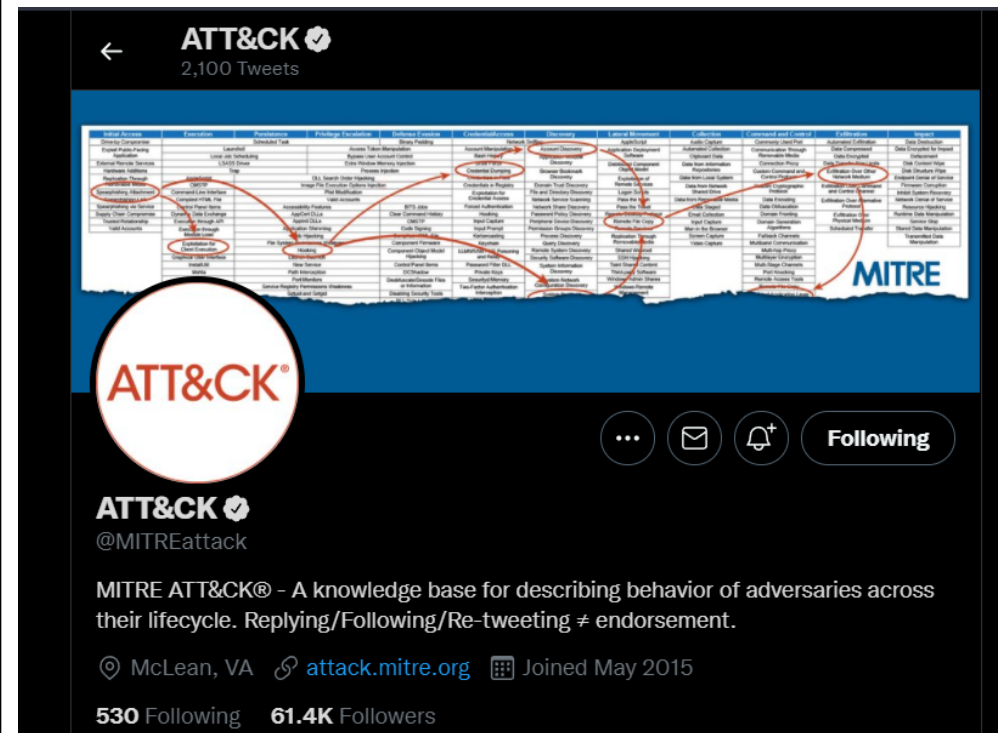
Step 2: LinkedIn	You **must** follow this Personality : MITRE ATT&CK	 **MITRE ATT&CK** MITRE ATT&CK® - A framework for describing the behavior of cyber adversaries across their intrusion lifecycle. Internet · 71,417 followers 13 followers in your network ✓ Following Visit website ☒ More **Home** About Posts
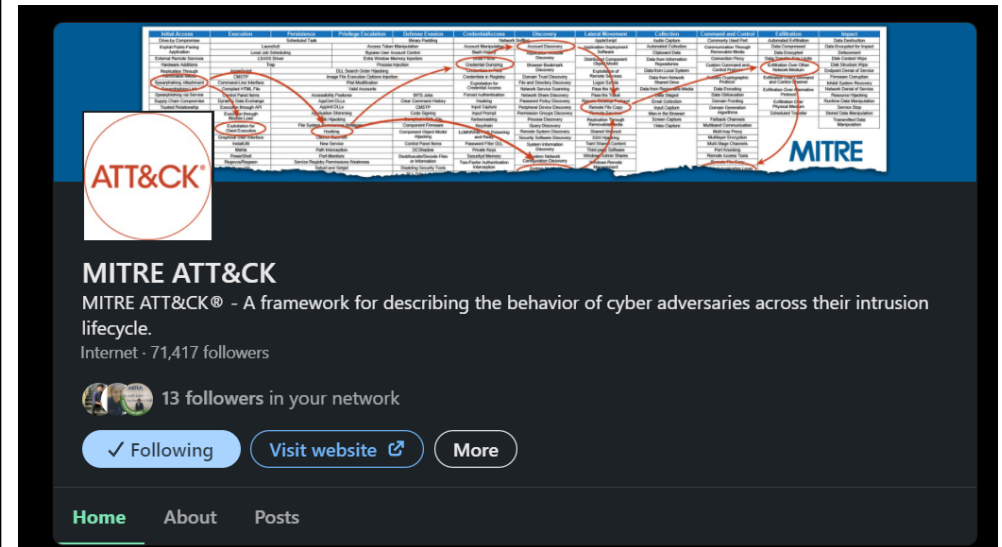
Creating A Post

Note	**You will be creating one post for this week either on twitter or linkedin. Share what you learned in this particular week along with it's visual representation in the template that was provided.**

LinkedIn

[Optional if you are creating on twitter]

Step 1.a	**Copy this template** Make a copy of this template. **Do not request edit access**. Rename the copy to **Week_#_NetworkPost** where # is the week number.	

Step 1.b	Once you have the template in your drive make changes for the points and images as you feel.. **Note:** ● **Do not change the VTF Logo and the color scheme.** ● **You must keep the content of the post strictly professional.** ● **You must update the points and Images. Do not post the template without updating it.**		● Key Learnings_1 ● Key Learnings_2 ● Key Learnings_3

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Step 2	Once you are happy with the Banner, Download it and save it as "**Week_#_NetworkPost.png**". Make sure you download it as a PNG. **Note: The {#} stands in place of the week number you are currently in. So if you are in week 6 of your internship the file would say:** Week_8_NetworkPost.png	

Step 3 a	Now Sign in and go to your home page then select "Photo." **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.**	
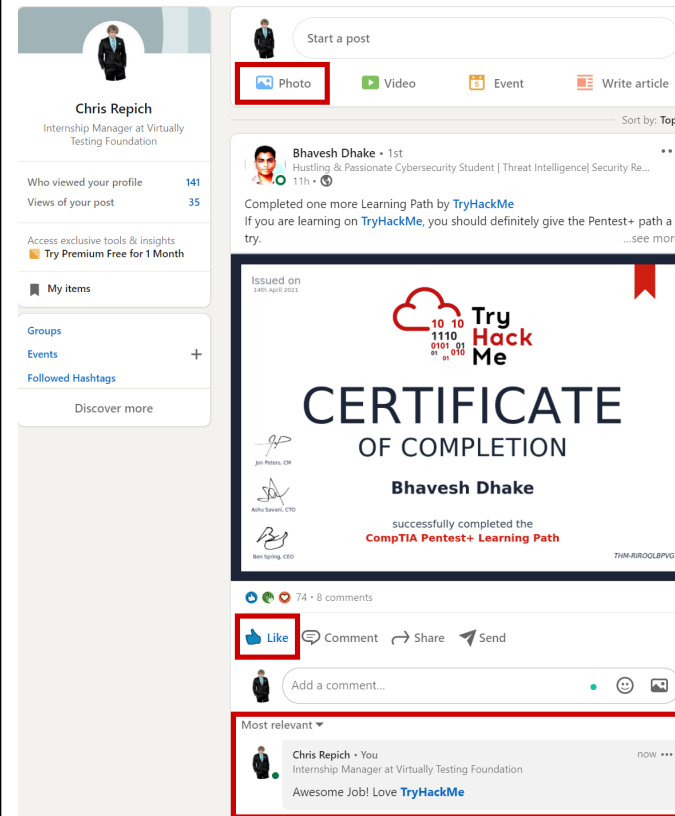
| **Step 3 b** | Select this week's banner you created and click on Open. This will **Upload** the photo | |

Revised:11/18/2021
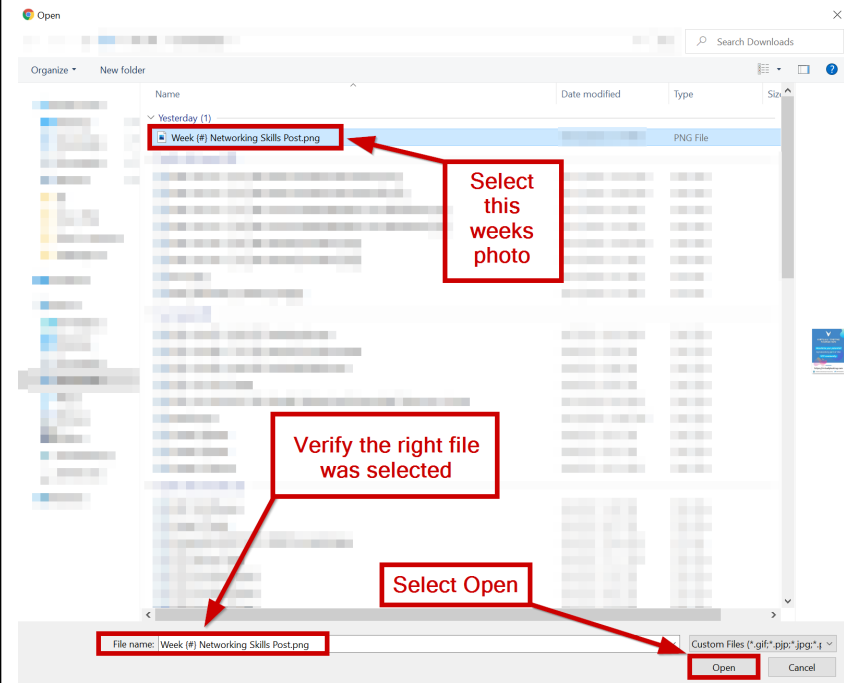
Step 4	Click on tags → Next, select anywhere on the photo you uploaded to tag.	Edit your photo ✕ **Select anywhere to tag** click anywhere to tag Cancel Done

Revised:11/18/2021
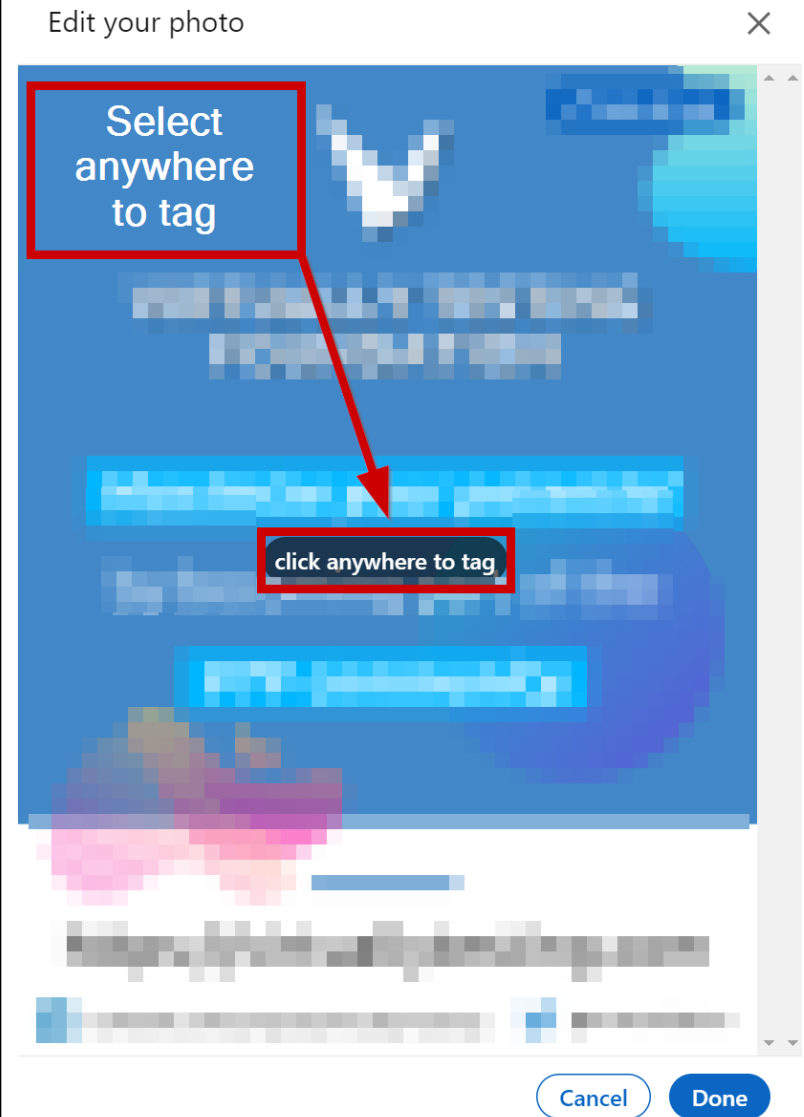
Step 5	Type in Virtually Testing Foundation. A menu will pop up while typing. Click on Virtually Testing Foundation. You must do this or you will not tag Virtually Testing properly. Then select "Done".	Edit your photo × Virtually Testing Foundation ⌄ Virtually Testing Foundation · Com... Cancel **Done**
Step 6 a	**You can select one of the phrases below or create a phrase on your own. But make sure to tag VTF and use the appropriate hashtags. You won't be graded if you don't follow this convention.**	Create a post × Chris Repich 🌐 Anyone ▼ ← Make sure you set your post's visibility to "Anyone" {Introduction} ← Paste your introduction here

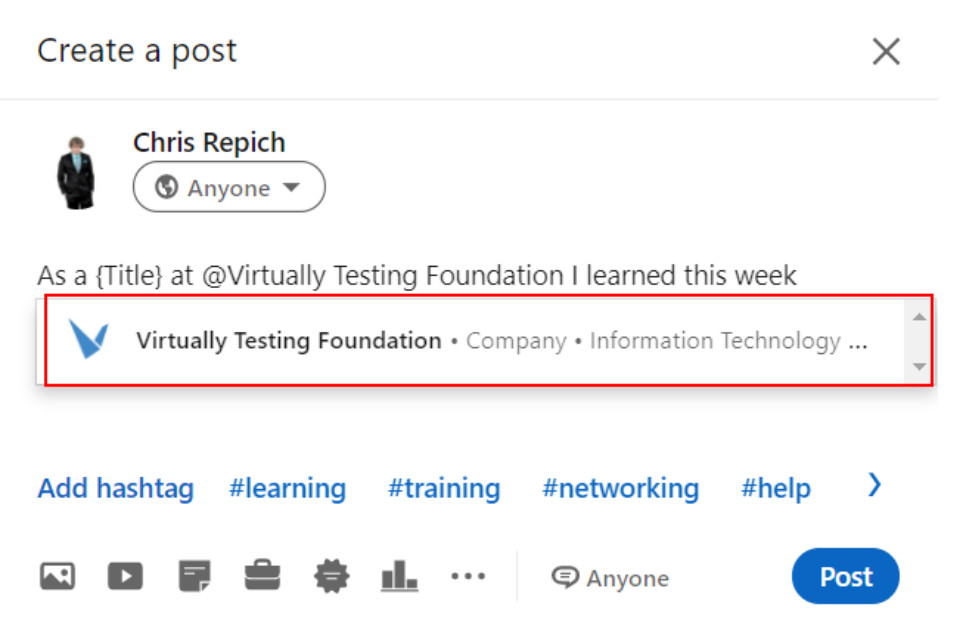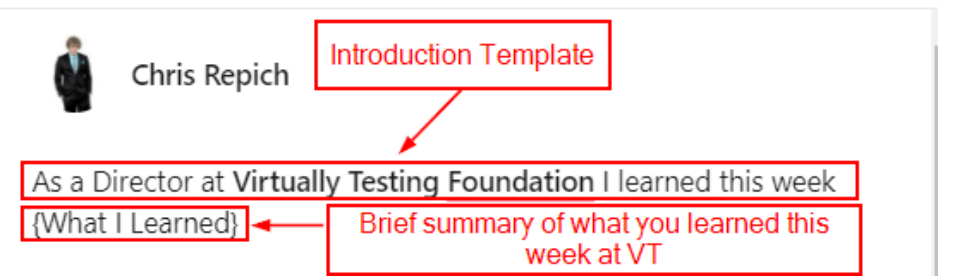|	

Step 6 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.**
	
	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.
	
	Your {title} is "Penetration Testing Intern"
	
	1. {Introduction}
	    a. As a {Title} at @virtually testing foundation, I learned this week
	    b. It has been an exciting week at @virtually testing foundation as a {title}. I learned
	    c. I am excited to be a {title} at @virtually testing foundation. This week, I learned
	    d. Being a {title} at @virtually testing foundation is going great! This week, I learned
	    e. Here at @virtually testing foundation, being a {title} has been an amazing experience! This week, I learned
	    f. It's a great experience being a {title} here at @virtually testing foundation. This week, I learned
	    g. I am learning so much as a {title} here at @virtually testing foundation. This week, I learned
	    h. @virtually testing foundation has given me a great opportunity as a {title}. This week I learned
	    i. It has been a productive week as a {title} here at @virtually testing foundation. I learned
	    j. Thanks to @virtually testing foundation, being a {title} has been a great chance to learn. For example, this week I learned

Step 7	After entering in your introduction make sure to click on @Virtually Foundation Foundation. A sub-menu will pop up. Click on Virtually Testing Foundation. If this is done properly, the **Virtually Testing Foundation** will be **BOLD.** See the photo below in Step 8	**Create a post** ✕ **Chris Repich** 🌐 Anyone ▾ As a {Title} at @Virtually Testing Foundation I learned this week ▾ **Virtually Testing Foundation** • Company • Information Technology ... Add hashtag #learning #training #networking #help ❯ 🖼 ▶ 📄 💼 🏅 📊 ⋯ │ 💬 Anyone **Post**
Step 8	After selecting a random introduction that you did not use in the previous week from the above phrases, describe in your own words what you learned this week from any Virtually Testing assignment you did this week.	**Chris Repich** Introduction Template As a Director at **Virtually Testing Foundation** I learned this week {What I Learned} ← Brief summary of what you learned this week at VT

| **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 ✕

 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** | Next add in these hashtags:

#VTfoundation #VTFOct21

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

To the right is an example. **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.** | Create a post ✕

Shreyansh Shukla
🌐 Anyone ▾

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!

#VTfoundation #VTFOct21 #internships

Add hashtag   #internship   #testing   #career   #education ›

🖼 ▶ 📝 💼 ⚙ 📊 ⋯ │ 💬 Anyone   **Post** |

| Step 11 | 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.

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

Once you are done verifying that everything is done correctly, click "post" in the lower right-hand corner of the pop-up window to make this post live. | **Create a post** ✕

Shreyansh Shukla
🌐 Anyone ▾

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!

#VTfoundation #VTFOct21 #internships

Add hashtag **#internship** **#testing** **#career** **#education** ›

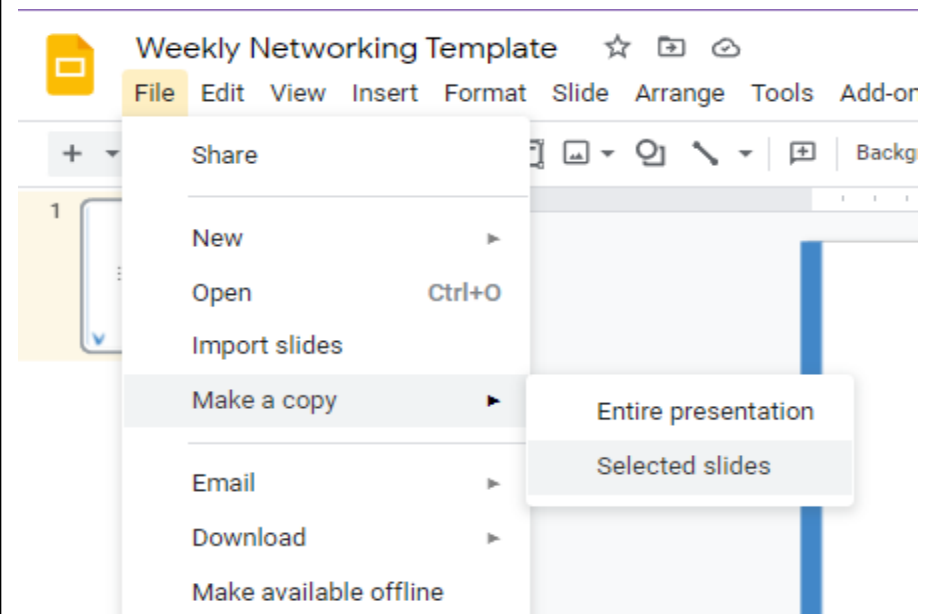🖼 ▶ 🗒 💼 🏵 📊 ⋯ 💬 Anyone **Post** |

Twitter

[Optional if you are creating a post on LinkedIn]

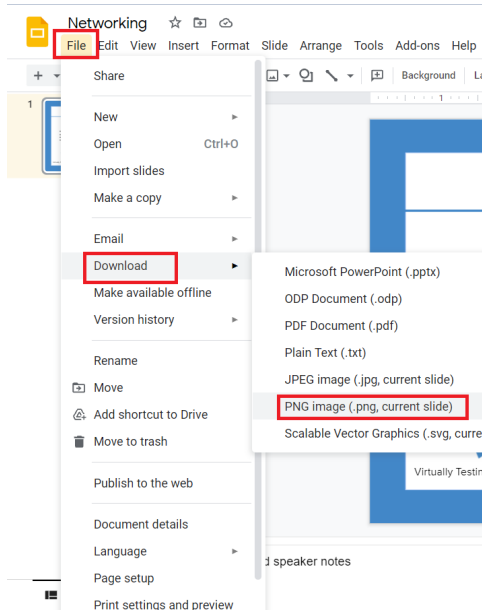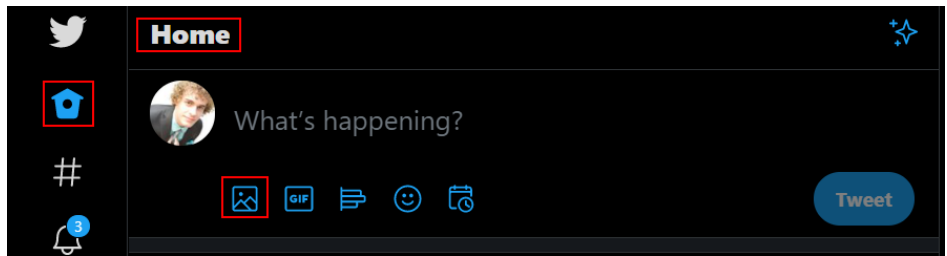| Step 1.a	**Copy this template** Make a copy of this template. **Do not request edit access**. Rename the copy to **Week_#_NetworkPost** where # is the week number.	

Step 1.b	Once you have the template in your drive make changes as you feel.
	
	Note:
	    • **Do not change the VTF Logo and the color scheme.**
	    • **You must keep the content of the post strictly professional.**
	    • **You must update the points and optional Images. These are just demo images which have been provided.**
		• Key Learnings_1
		• Key Learnings_2
		• Key Learnings_3

|		
Step 2	Once you are happy with the Banner, Download it and save it as "**Week_#_NetworkPost.png**". Make sure you download it as a PNG. **Note: The {#} stands in place of the week number you are currently in. So if you are in week 6 of your internship the file would say:** Week_8_NetworkPost.png	
Step 3	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 can be used instead of twitter for interns residing in Nigeria.**	

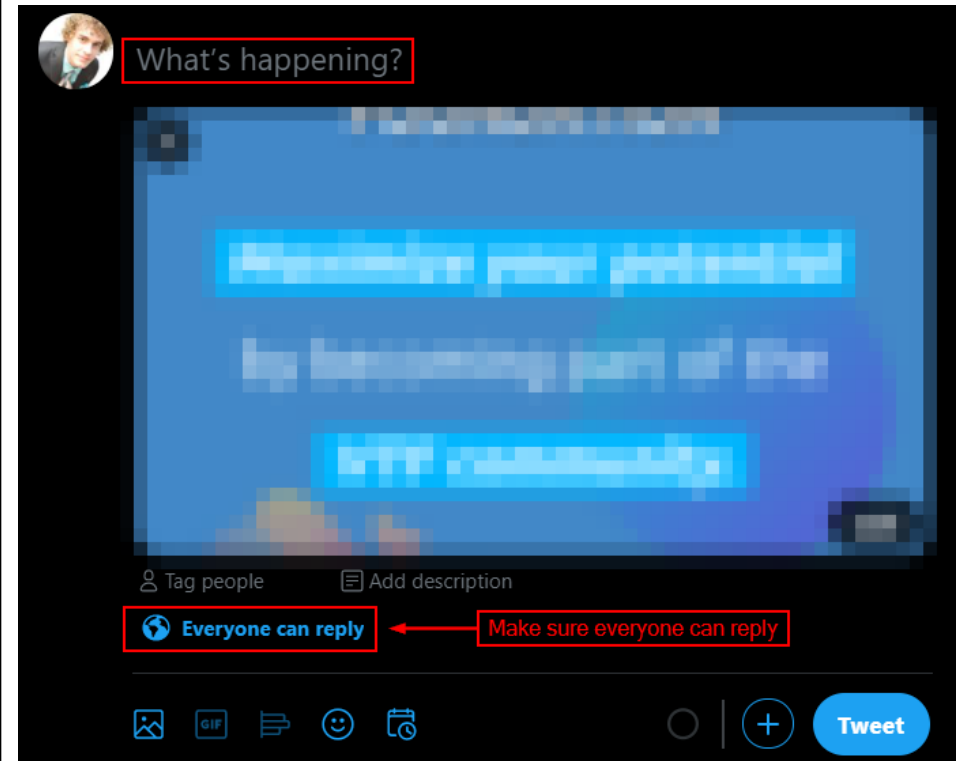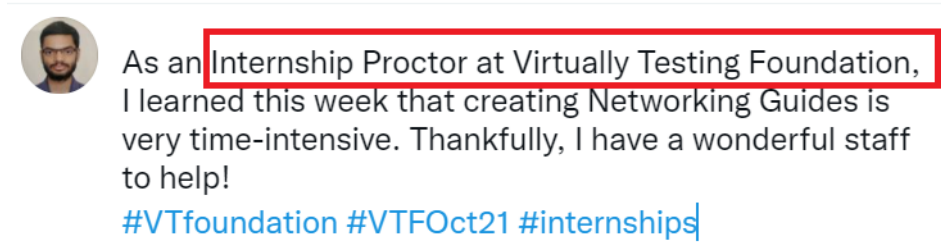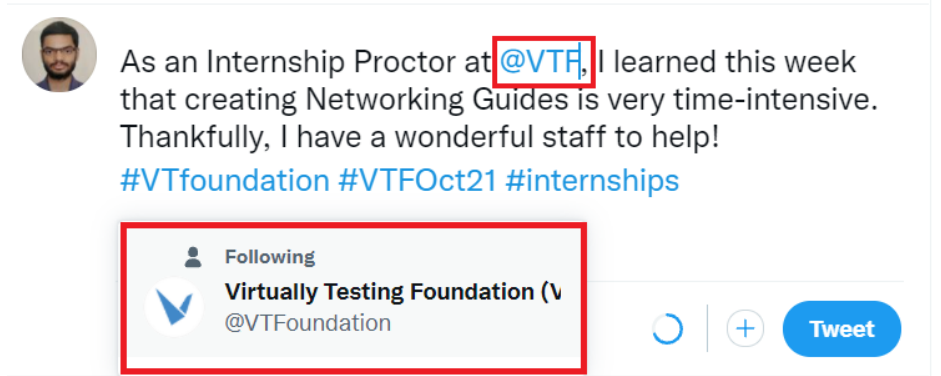| Step 4 | Step 2: Select the file that you downloaded earlier titled "**Week_#_NetworkPost.png**"

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 6 of your internship the file would say:

Week 8 Networking Skills Post.png | |

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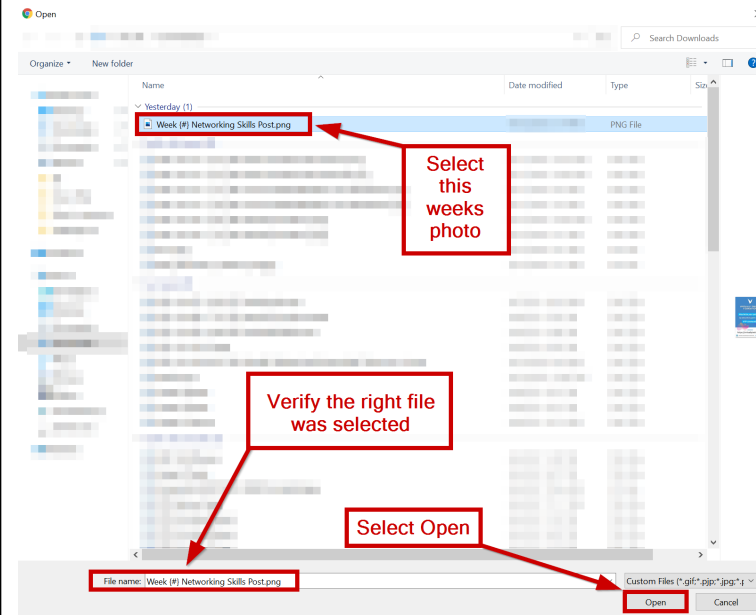
| **Step 5** | Start making your tweet by going to the "What's happening" section above the "Week {#} Networking Skills Post.png" that you just added. | |

Revised:11/18/2021

Step 7	**Follow steps 7 to 11 in the section creating linkedin post.** Notice how the Virtually Testing Foundation did not @ properly. There also may be some spacing or formatting issues. Make sure to update your correct title and do not copy the one given in the example.	**Home** 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! #VTfoundation #VTFOct21 #internships
Step 8	**Make sure that you retype @VirtuallyTestingFoundation as @VTFoundation. A sub-menu will pop up. Select Virtually Testing Foundation.** Verify that you have spelled everything correctly and used the proper syntax (@ and #). **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 Twitter Character Counter - Check your Tweet length and more!**	**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 Following **Virtually Testing Foundation (V** @VTFoundation Tweet

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Step 9	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.	As an Internship Proctor Intern at @VTFoundation, 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** Tweet
Note	If the word count is full you may use your own discretion and bring it under the word count. **Do not remove the tags and Hashtags.**	

Submitting Your Work To Google Form

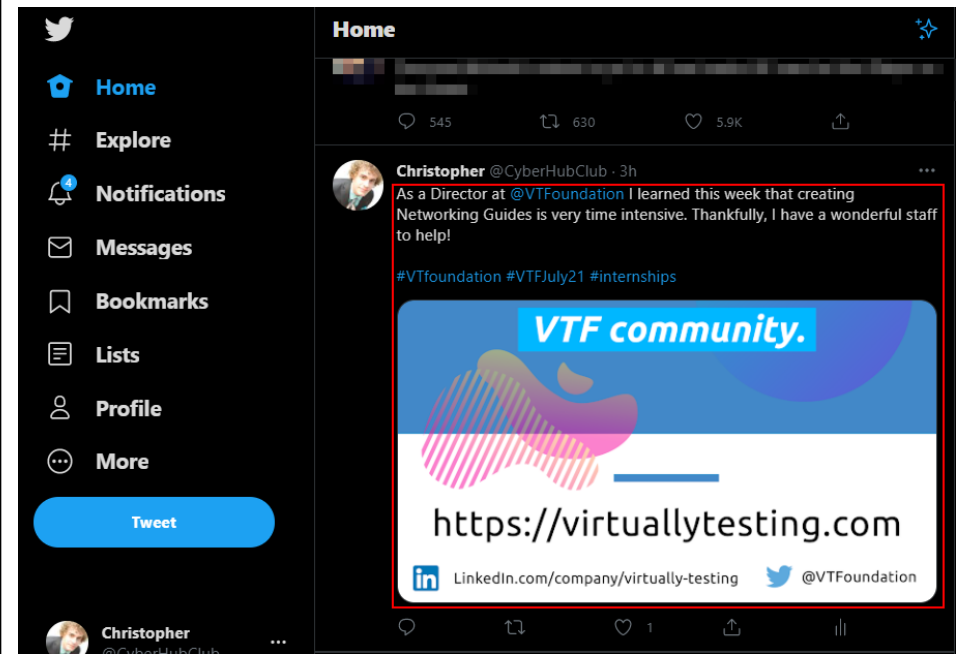| Step 1	Go to the current week's "Networking Skills Assignment" section in google form.	

Note:	● **If you have created a post on linkedin follow steps 2.a & 2.b** ● **If you have created post on twitter follow steps 3.a, 3.b & 3.c**	
Step 2 a	Go to your Linkedin post that you just created and click on the three dots. Then select "Copy link to post"	↑ New posts ••• p Director at Virtually Testing Foundation ☆ Feature on top of profile 🔖 Save Save for later 🔗 Copy link to post
Step 2 b	Now go back to your google form. Scroll down and paste the "URL" of the Linkedin post you copied!	Social Media Post Link * Enter Your LinkedIn or Twitter Post Link. You can refer to the networking guides on getting the post links. Short answer text

Step 3 a	Now go to your home page on Twitter and select the post you just created.

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Step 3 b	Go up to the URL field and copy the URL.
Step 3 c	Now go back to your google form. Scroll down and paste the "URL" of the Twitter post you copied!

Step 4	Check Yes, if you have followed and connected with at least 5 interns on Twitter and LinkedIn and 1 Technical Account.	Have you Followed / Connected with 5 Interns? * ○ Yes ○ No Have you Followed / Connected with the Technical Page / Institute / Personality that was provided in the guide? * ○ Yes ○ No
Step 5	Once you are done with pasting either twitter post link or the linkedin post link. Click on submit.	

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- Connect with 5 interns on LinkedIn
- Follow 5 interns on Twitter
- Connect and follow a Technical Page/Institute/Personality shared by us.

Note: Interns residing in Nigeria can submit Facebook links instead of twitter links.

There are a total of 4 tasks

Revised:11/18/2021