CIST 3381: Information Assurance and Security

Spring 2022

Reflection: Ethical Hacking Lab 7

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1. Give your recommendations for young adults on achieving security of “personal computers” and the data residing on the systems. i.e. What they should do, or do not do.

Recommendations

* Make sure all passwords are different and difficult to guess
* Do not download pirated software
* If you notice something suspicious on your device disconnect your internet and run a antivirus software
* Never join public networks
* Always encrypt your data on your hard drive.
* Never share your passwords
* Never click on suspicious links in emails or messages online
* Never give out personal information
* Learn and use VPNs
* Learn about Cyber security to better protect yourself

1. Reflect on your experience in this lab (Ethical Hacking-Win10). *(Read “Writing Your Lab Reflection,” available in the Left Panel on BB Course Homepage).* *Minimum 150 words*

This lab experience was amazing. The lab was a lot of fun and a incredible learning experience. What we did in this lab was hack into a windows 10 machine and keep the connection to a device after the device was turned off and back on. Being able to complete this task was incredible. I will say I did have some difficulty half way through the lab because I miss spelled a command which messed up a couple other steps in the lab. But what I did was restore a snapshot before I made the error and repeat the steps. Once I realized I made a misspelling in one of the commands the rest of the lab went smoothly. I was able to complete the lab with no more problems. Being able to continue the connection and attack is a scary but useful tool to have under your belt.

Deliverable:

Write and Save the responses in this file. Submit the file