

Bethany Smith

Completed 51 labs earning 1750 points.



Activity Report

Date	Lab	Description	Points Earned
2021-02-03	Platform as a Service (PaaS)	Be able to explain the advantages and disadvantages of Platform as a Service	20
2021-02-03	Software as a Service (SaaS)	Be able to describe the advantages and disadvantages of SaaS	20
2021-02-03	Cloud Security Alliance Cloud Controls Matrix	Describe the CSA CCM framework	20
2021-02-03	Compliance, Legislation, Regulation and Standards	Describe the differences between compliance, legislation, regulation and standards	10
2021-02-03	Infrastructure as a Service (IaaS)	Describe the advantages and disadvantages of Infrastructure as a Service (IaaS).	20
2021-02-02	IP Addresses	Explain the core concepts behind IP addressing	40
2021-02-02	PowerShell: Ep.1	Practise using the PowerShell cmdlets	100
2021-02-02	Changing Things	Identify Linux commands relating to files and folders	100
2021-02-02	Command History	Be able to identify the risk of passing credentials with the command line	100
2021-02-02	Internet Protocol V4	Explain the core concepts of IPv4 addressing	100

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Date	Lab	Description	Points Earned
2021-01-31	Transport Protocols	Explain the core concepts of the the most common transport protocols	200
2021-01-31	OSI Model	Identify the different layers of the OSI model	40
2021-01-31	Port Bingo - Easy Mode	Demonstration of critical thinking	200
2021-01-31	Defence in Depth	Discover the principles of defence systems	20
2021-01-27	Accidental Data Leaks	Identify accidental data leaks	10
2021-01-27	Information Security	Describe the CIA triad and other information security principals	10
2021-01-27	HTTP Status Codes	Develop knowledge of HTTP status codes	100
2021-01-27	Incident Response in the Workplace	Recall general workplace incident response processes	10
2021-01-27	Domain Name System	Explain the roles of different name servers and the process of making a DNS request	100
2021-01-27	NIST Guidance on Remote Working	Identify the risks associated with remote working	10
2021-01-27	Ports	Identify how ports are used in modern networks	40
2021-01-27	The Importance of Cybersecurity	Recognise the importance of cybersecurity	10
2021-01-27	Using Your Own Tech At Work	Recognise risks associated with using your own tech for work	10
2021-01-27	Security Champions	Describe what a security champion is	10
2021-01-27	Why Hackers Hack	List and categorise different motivations of hackers	10

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Date	Lab	Description	Points Earned
2021-01-27	Cybersecurity On The Go	Recognise the risks of using company and personal devices while travelling	10
2020-12-09	Moving Around	Demonstrate navigation of files and directories	100
2020-12-02	Command Line Introduction	Identify relevant basic Linux commands	100
2020-09-08	Physical Access Security	Recognise physical access security risks	10
2020-09-08	Updates and Patches	Recall what updates, backups, and patches are for and why they're important	10
2020-09-08	Malware	Describe malware and its most common forms	10
2020-09-08	Physical Security	Describe the cybersecurity risks involved in physical security	10
2020-09-08	Firewalls and VPNs	Describe firewalls, VPNs, and their purpose	10
2020-09-08	Social Engineering	Gain a deeper understanding of social engineering	10
2020-09-08	Consequences and Impact of Cyberattacks	Define the consequences and impact of cyberattacks	10
2020-09-08	Mobile Security Tips	Understand best practices for mobile security	10
2020-09-08	Identity Theft	Demonstrate an understanding of identity theft	10
2020-09-08	Backups	Identify the different types of backups and their importance	10
2020-09-08	Safe Browsing	Recognise how to protect yourself and your privacy as you browse the web	10
2020-09-08	Shoulder Surfing	Recognise how shoulder surfing is used as a form of social engineering	10

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Date	Lab	Description	Points Earned
2020-09-08	Why Cybersecurity Is Everyone's Business	Recognise why cybersecurity is important for everyone	10
2020-09-08	Identifying Ransomware	Identify the indicators of a ransomware infection	10
2020-09-08	Covid-19 Phishing Emails: How to Spot Them	Identify malicious emails	10
2020-09-08	Disposing of Old Technology	Recognise which devices can hold information after incorrect disposal	10
2020-09-08	Passwords	Identify and demonstrate good password practices	10
2020-09-08	Antivirus	Understand antivirus software products and their features	10
2020-07-06	History of Cybersecurity	Summarise the history of cybersecurity	10
2020-07-06	Cyber Terminology	Recall key cyber terms and phrases	10
2020-07-06	Cybersecurity Basics	Understand the topics raised in the lab	10
2020-07-06	Privacy	Understand privacy and why it's important	10
2020-07-06	What Is Cybersecurity?	Summarise what cybersecurity means	10

About Immersive Labs

Immersive Labs is the world's first fully interactive, on-demand, and gamified cyber skills platform. Our technology delivers challenge-based assessments and upskilling exercises which are developed by cyber experts with access to the latest threat intelligence. Our unique approach engages users of every level, so all employees can be equipped with critical skills and practical experience in real time.