



SOLUTIONS³ presents...

Cyberside Chats: Summer Edition

Welcome to the Summer Cyber Internship!

Special points of interest:

- Hands-on learning through real-world simulations
- CISA Cyber Essentials
- Incident Response
- NIST Risk Management Framework
- Final project presentations

This summer, Solutions³ LLC proudly welcomes nine dynamic interns into our **Summer Cybersecurity Internship Program**, also known as the “**Ten +1 Program**.” This immersive 11-week experience combines formal and informal training, hands-on projects, mentorship, and professional development.

Over the course of 10 weeks, interns rotate through three foundational cybersecurity pathways: DHS/CISA’s Cyber Essentials, Risk Man-

agement based on the NIST Risk Management Framework, and Incident Response.

The program concludes with a capstone event where they’ll present their work to an audience of professors, peers, friends and family, industry leaders, and Solutions³ partners.

Stay tuned for weekly updates on project milestones, spotlights on intern achievements, and resources developed by the team!



Inside this issue:

Meet Our Interns	2
Elevating the Internship Experience	2
Why Cybersecurity Internships Matter	2
Professional Development Series	3
Upcoming Cyber Events to Watch	3
Did You Know?	3
President's Corner	4

Vendor of the Week

We’re excited to highlight **DVMS Institute** as our vendor of the week. Their mission to build a culture of cybersecurity compliance and resilience aligns perfectly with our internship program’s goals. Through their expert-led training and certification pathways, our interns are gaining firsthand exposure to critical

frameworks like NIST 800-171 and the CMMC model—skills essential for today’s risk management landscape. DVMS Institute’s support goes beyond content; it empowers interns to understand the “why” behind compliance and equips them with tools to think strategically about cyber risk. Their resources are bridging the

gap between theory and practice, enabling our interns to engage in more meaningful, compliance-driven project work. We’re grateful for DVMS Institute’s ongoing partnership and the value they bring to our training ecosystem.



Meet Our Interns

Solutions³ proudly welcomes nine interns from the following five New Jersey universities:

New Jersey Institute of Technology

- Andre Williams, MS in Cybersecurity & Privacy
- Amaan Bukhari, BS in Information Technology

Rutgers University

- Johnathen Tomaro, BS in Information Technology
- Jaylen Weerasinghe, BS

in Information Technology & Informatics

Stevens Institute of Technology

- Dominick Battinelli, MS in Cybersecurity
- Aaron Bissoondial, MS in Computer Science

Felician University

- Julia Ficon, MS in Data Science
- Bryan Montenegro, MS in Computer Science

Fairleigh Dickinson University

- Jesus Ochoa Gonzalez, BS in Computer Science

Through the Career Accelerator Internship Grant and FI-ESTA Grant, we're excited to support these emerging professionals as they contribute to the mission this summer.

Elevating the Internship Experience

"To deepen exposure, we revamped our internship pathways, focusing on three key tracks with extended three-week durations."

This summer, Solutions³ is excited to introduce several enhancements to our internship program, designed to maximize growth and engagement.

We've launched a professional development series offering interns valuable mentorship, soft skill improvement, and career networking opportunities.

Our Vendor of the Week program has been upgraded to include interactive demos, hands-on exercises, and dedicated Q&A sessions with leadership, creating a richer learning experience.

To deepen exposure, we revamped our internship pathways, focusing on three key tracks with

extended three-week durations. This allows interns to explore multiple roles within cybersecurity and develop practical, in-demand skills. Leadership opportunities have also expanded, enabling interns to contribute to the Solutions³ Summer Intern Newsletter.

Why Cybersecurity Internships Matter

Cybersecurity internships provide students with hands-on experience, bridging classroom knowledge and real-world challenges.

Interns gain exposure to critical areas like risk management and incident response, helping them

discover their career interests.

Interns build valuable networks with industry professionals, improving job prospects after graduation. Additionally, internships strengthen resumes and often allow interns to be exposed to real-world situations within the

realm of business and cyber. Overall, cybersecurity internships are a crucial step for aspiring professionals in this very dynamic field.



Professional Development Series

What do cybersecurity, storytelling, and time-blocking all have in common? They're just a few of the skills our interns are mastering this summer—not just behind a keyboard, but in the virtual boardroom too. Through our weekly professional development sessions, interns are diving into real-world soft skills that shape great professionals: mastering professionalism and workplace etiquette, learning the art of effective communication, and

building muscle in teamwork and collaboration.

They'll also tackle time head-on with prioritization strategies, explore strategic thinking, and even practice navigating tricky conversations with constructive dialogue. From ethics in cybersecurity to resilience when things don't go as planned, each session is built to turn technical talent into well-rounded, career-ready professionals. And yes, they'll learn

to present with confidence and network like a pro, too.

Why does this matter? Because in cybersecurity—and in any career—it's not just what you know, but how you connect, lead, and adapt that sets you apart. These weekly sessions are more than checkboxes; they're a launchpad. By the end of the internship, our cohort won't just speak the language of cyber—they'll speak it with confidence.



Building the Professional Skillset for Cyber Success

Upcoming Cyber Events to Watch

Get ready to plug into the future of cybersecurity! This summer is packed with exciting opportunities to expand your knowledge, network with industry leaders, and gain exposure to real-world challenges. From national conferences to specialized workshops, interns and professionals alike will have access to events that showcase the latest in threat

intelligence, cyber defense strategies, and emerging technologies. Be sure to mark your calendar for the following upcoming conferences: Gartner Security & Risk Management Summit, GRC Conference 2025, DEF CON, and Black Hat USA. Also, Capture the Flag (CTF) competitions are excellent opportunities to gain real-world experience in an

exciting way. These events are more than just learning moments—they're stepping stones to building your career, enhancing your skills, and seeing how theory applies in the field.

Stay tuned for our upcoming event spotlight series and don't miss your chance to get involved!

"This summer is packed with exciting opportunities to expand your knowledge, network with industry leaders, and gain exposure to real-world challenges."

Did You Know?

In 2008, a flash drive left in a parking lot led to one of the most significant cyber incidents in U.S. military history. A curious employee plugged it into a government computer, unknowingly unleashing a sophisticated worm called Agent.BTZ. Within minutes, it spread across classi-

fied and unclassified systems, prompting the Pentagon to ban all USB devices for over a year. This event sparked the creation of U.S. Cyber Command and changed how the Department of Defense handles cyber threats.

The takeaway? Cybersecurity isn't just about firewalls and

fancy tools—it's about human behavior. One small decision can have massive consequences. So yes, that random USB on the sidewalk? Leave it there. Cybersecurity starts with curiosity... and ends with caution.





637 Wyckoff Avenue
PMB 352
Wyckoff, NJ 07481

Phone: 201-891-0477
Fax: 201-891-5316
Email: info@solutions3llc.com

At Solutions³ LLC, we believe that empowering people is the key to sustainable success in cybersecurity, IT, and business service management as a whole. Our commitment to resource development is evident through mentorships, advanced training, and workforce development programs, including impactful internships and apprenticeships.

For more information on our internships, workforce development, or training, contact Mike Battistella at mike@solutions3llc.com or Shannon Conley at shannon.conley@solutions3llc.com.

Special Thanks to Our Sponsors

We are grateful for the generous support and partnership of the following organizations, whose contributions help make the Summer Cybersecurity Internship Program possible. Their support enables us to provide hands-on learning experiences, real-world simulations, and invaluable mentorship opportunities for our interns.



Follow us!

Website

www.solutions3llc.com

LinkedIn

www.linkedin.com/company/solutions3/

YouTube

www.youtube.com/@solutions3llc435

President's Corner

Each summer, I look forward to the energy and fresh perspective our interns bring to Solutions³. This year's FY2025 Ten +1 Internship Program is off to a strong start with nine interns from five New Jersey universities, and we're proud to see the program grow each year.

Over ten weeks, interns engage in hands-on learning across three cybersecurity tracks: DHS/CISA's Cyber Essentials, the NIST Risk Management Framework, and Incident Response. This immersive experience pairs real-world scenarios with collaboration across our team and partners, offering a well-rounded introduction to the field.

What sets our program apart is the exposure interns receive—not only to technical skills, but also to how cybersecurity operates in business environments. Through our core curriculum, "Vendor of the Week" series, and support from our training ecosystem, interns gain insights that go far beyond the classroom.

Thanks to our partners for your continued support. Your tools, time, and mentorship help shape an experience that's truly impactful.

By the final "+1" week, interns will present capstone projects showcasing their knowledge, growth, and problem-solving

abilities. Seeing their confidence and ideas take shape is always the highlight of the program.

To our partners—thank you for helping make this possible.

To our interns—welcome. We're excited to see what you'll achieve.

—Mike Battistella
President & CTO, Solutions³ LLC