

WiCyS 2023

#role-join WiCyS
#signin wicys



ROCHESTER INSTITUTE OF TECHNOLOGY
STUDENT CHAPTER

Schedule!

Weekly Meetings

*Wednesdays at 7:00 PM in GCI
Security Lab
Golisano Hall 2740*



Official WiCyS Website



RIT WiCyS Website

WiCyS@RIT 2022-2023
Spring Semester Schedule
*Meetings at 7:00pm in GCI Security Lab
Golisano Hall 2740*

25 January	Semester Goals
1 February	Intro to Red Team
8 February	Maximize your College Experience
15 February	Building a CTF Challenge
22 February	SOC Talk
1 March	Preparing for Interviews
8 March	Midterm Madness
15 March	No Meeting - WiCyS Conference
22 March	Homelabbing with Ashley
29 March	Making the Most of Your Co-op
5 April	Intro to Pentesting
12 April	The Art of Fiddling
19 April	Eboard Elections
26 April	Spring Final Fun



ROCHESTER INSTITUTE OF TECHNOLOGY
STUDENT CHAPTER

Announcements

- New semester schedule has been posted to discord and is updated on the website!
 - <https://wicysrit.wordpress.com/schedule/>
- Events:
 - WiCyS Conference: 16th-18th March
 - If you have not applied for the conference scholarship but still want to go, please fill out the form in WiCyS announcements.
 - Travel form: If you've been accepted, fill out **asap**

The roommate selection process will begin January 15 and will be open through January 22. Expect to receive an email with specific instructions.

- If you accepted complimentary shared lodging, you will have the opportunity to request a roommate or have one assigned.
- If requesting a roommate, each person MUST request the other person in order for matching to be confirmed.
- If you are not matched or do not select a roommate during this time, a roommate will be assigned to you – no exceptions.
- If you no longer want shared lodging, you will have the opportunity to turn down the offer but will be required to book your own room.

If you accepted complimentary shared lodging your roommate assignments will be visible in your registration account starting February 12. Once the matching has been done there are no changes. The roommate list will be submitted to the hotel for reservation confirmations.



Workshop registration will open on February 1 and close on March 10.

Once registration opens, please log into the registration portal and select the workshops you want to attend. Note that some Thursday and all Saturday workshops require sign-ups, but Friday workshops do not (due to larger capacity). *You MUST arrive to each workshop 10 minutes before it starts or else your seat will be given to a standby attendee.*



Do you set New Year's Resolutions?

Why?

Developing Habits

- Change only one habit at a time
- Start with small steps, and build up
- For good habits: when/how will this fit easily into my day?
- For bad habits: how will I replace the role this has held in my life?
- Partner up
 - "We are the sum of those who surround us"
- Change takes time
 - 21 Days
- Don't quit, reassess
 - What is stopping me from doing this/why is this so hard to quit?
 - Re-evaluate making it easier
 - Build yourself up, not down

Who do you want to be this semester?

*What positive changes do you want to continue?
What do you want to leave in the past?*

SMART Goals

SMART GOALS GUIDE	
Specific	What exactly needs to be accomplished? Why do we want to accomplish this goal?
Measurable	How will we know we have succeeded? How much change needs to occur? How many actions or cycles will it take?
Attainable	Do we have the resources to achieve the goal? Is the goal a reasonable stretch? Is the goal likely to bring success?
Relevant	Is this a worthwhile goal? Will it be meaningful to management/the team? Can we commit to achieving this goal?
Time-bound	What is the deadline for reaching the goal? When will we begin taking action?

- SMART is a specific guideline to structure goals for success
- Do all your planning ahead of time, and reassess at your predetermined checkpoints
- Emphasis on *why* you're doing it. This keeps you inspired, while **also** making sure that the goal is right for you

“I want to be a good black teamer.”

I've realized that I want to do better as a black teamer for ISTS. In order to succeed, I will attend all the meetings with my lead, ask questions when I get lost, and put forth effort to learn on my own while doing the tasking that's been assigned to me in a timely manner.

“I need to develop a sleep routine.”

I never have control of when I go to sleep. Success is when I sleep well most of the time, based on my daily experiences. I may have to fine tune, but limiting my caffeine and staying off my phone should help. I can meditate and exercise regularly, as stress keeps me awake.

“I should stop speeding so much.”

???