

# Lucas Howard

📍 NC, USA    ✉ lucas.t.howard@outlook.com    ☎ (336) 524-4509    🔗 lucashoward.co    in lucas-howard0  
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## Education

<b>MS</b>	<b>Western Governors University</b> , Cybersecurity and Information Assurance <ul style="list-style-type: none"><li>• Excellence Award for Secure Network Design</li></ul>	Sept 2023 – July 2024
<b>BS</b>	<b>Western Governors University</b> , Cybersecurity and Information Assurance	Sept 2022 – Feb 2023
<b>AS</b>	<b>Guilford Technical Community College</b> , Cybersecurity and Information Assurance	Jan 2019 – Dec 2020

## Experience

<b>Nike, Inc.</b> , Senior Cyber Defense Incident Data Analyst (FTE)	Remote Jan 2023 – present
<ul style="list-style-type: none"><li>• Conducted in-depth analysis of data affected by security breaches, delivering key reports to stakeholders for regulatory compliance and customer communication.</li><li>• Developed automated reporting tools using Docker and Python, cutting incident report preparation time in half and enhancing stakeholder understanding.</li><li>• Spearheaded the in-house transition of unstructured data analysis, saving the company \$ 1M per incident and reducing third-party dependency.</li><li>• Streamlined log analysis with a risk-based approach, reducing manual data review requirements by 90% and enhancing incident response efficiency.</li><li>• Championed the integration of Databricks notebooks into credential stuffing workflows, replacing AWS EMR to leverage advanced analytics features.</li></ul>	
<b>Nike, Inc.</b> , Cyber Defense Data Analyst (ETW)	Remote Oct 2022 – Jan 2023
<ul style="list-style-type: none"><li>• Halved data collection times for Credential Stuffing incidents using optimized Pyspark jobs on AWS EMR, increasing response agility.</li><li>• Engineered Grafana dashboards sourcing from PostgreSQL, enabling real-time cybersecurity metrics analysis for team members and leadership.</li><li>• Collaborated interdepartmentally to refine Vulnerability Management metrics, elevating the organization's cybersecurity metric framework.</li></ul>	
<b>L&amp;E Research</b> , Director of IT/AV and Security	Raleigh, NC July 2019 – Oct 2021
<ul style="list-style-type: none"><li>• Led IT strategy and operations across 11 sites for a national firm, bolstering security posture and operational efficiency for a 300-person workforce.</li><li>• Orchestrated deployment of Sophos endpoint protection and Qualys vulnerability management for 200+ devices, significantly enhancing security infrastructure.</li><li>• Implemented automated anti-phishing and security awareness programs, cutting phishing susceptibility by 50% among employees.</li><li>• Drove the advancement of information security to achieve SOC II compliance, fortifying managerial policies and incident response protocols.</li><li>• Designed and deployed a robust cloud video recording platform using AWS Media Services, ensuring high security for sensitive market research data.</li></ul>	
<b>North Carolina National Guard, B Battery, 5-113th Field Artillery</b> , 25B Information Technology Specialist	Aug 2018 – July 2019
<ul style="list-style-type: none"><li>• Supported Operation Inherent Resolve, managing secure communication networks and swiftly resolving technical issues under high-pressure conditions.</li></ul>	

- Automated access request workflows with a custom Python script, streamlining processes for over 120 military personnel.
- Enlisted NC National Guard Jun 2014 - Jun 2020. Highest rank achieved: E4 SPC.

#### **XPO Logistics**, Network Administrator

High Point, NC  
Mar 2018 – Aug 2018

- Configured critical network infrastructure, including Cisco routers and switches, enhancing organizational communication and security.
- Innovated a web-based configuration tool, reducing network equipment deployment time and bolstering operational efficiency.

## **Certifications**

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- Certified Information Systems Security Professional (CISSP)
- Certified Cloud Security Professional (CCSP)
- Cisco Certified Network Associate (CCNA)
- Cisco Certified CyberOps Associate
- CompTIA A+, Cloud+, Network+, Security+, Project+, Linux+, Server+, Pentest+, CySA+
- AWS Certified Solutions Architect - Associate
- Microsoft Certified: Azure Fundamentals
- ITIL Foundation

## **Technologies**

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**Programming:** Python, Pandas, Jupyter Notebooks, Pyspark, SQL

**Other tools:** Splunk, Git, Docker, Databricks, Snowflake, Grafana

## **Skills**

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- Incident Response and Management
- Application Security
- Windows and Mac OSX Knowledge
- Tactical and Strategic Solution Identification
- Strong Verbal and Written Communication Skills
- Collaboration Across Teams and Departments
- Detail-Oriented Approach
- Organizational Skills
- Proactive in Improving Security Controls