In what sense are files not actually deleted even if you empty the recycle bin on Windows or empty the trash on macOS?

The files are not deleted from the hard drive when deleted graphically by the system, the system just forgets the location and the existence from the file. Special software can wipe the file from the hard drive, changing all binaries to 0s or 1s.

What privacy features does Incognito Mode (in Google Chrome) offer versus a regular browser window?

Automatically removes the history and does not save the cookies.

How, using cookies, does a web server actually remember that you're logged in?

The web server keeps values on the user's browser used to remember if it was already visited and avoiding the necessity to log in every time.

If a mobile phone is protected with a 4-symbol passcode, whereby each symbol is a decimal number (0 through 9), how many seconds might it take to guess that passcode if each guess takes 1 second to check?

10000	

If a mobile phone is protected with a 6-symbol passcode, whereby each symbol is a decimal number (0 through 9), an uppercase letter (A through Z), or a lowercase letter (a through z), how many seconds might it take to guess that passcode if each guess takes 1 second to check? 2176782336
Suppose you've forgotten your password to some website. Even though you can likely reset your password via a link on the website, odds are no one at the company can actually tell you your forgotten password. Why not? Because the password is encrypted on their database. Also, send a password for email opens it to interception.
Why is it not a problem for me to reveal my public key?
Because a public key has your own private key to be decrypted.
Provide an example of the two factors that might comprise a login using two-factor authentication (2FA), and why those are good factors.
The first factor is a password and the second one is something different that you have, like an RSA device or event an SMS code on your mobile configured for it. The two-factor authentication keeps difficult for to someone have your password to access easily your account.
Suppose that you're visiting a country in which some website is blocked. How, technically, might using a VPN allow you to visit that website nonetheless? A VPN establish a connection to a server and let it to communicate with the website.
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