[**Security monitoring** in technology refers to the automated process of collecting and analyzing indicators of potential security threats, then triaging these threats with appropriate action1](https://www.varonis.com/free-security-courses). It involves detecting suspicious behavior or unauthorized system changes on a network, defining which types of behavior should trigger alerts, and taking action as needed.

Here are **five free resources** where you can learn more about security monitoring:

1. [**HPE Security Monitoring**](https://www.hpe.com/us/en/what-is/security-monitoring.html): HPE provides an overview of security monitoring, its importance, and how to detect potential threats before they become serious security breaches[1](https://www.varonis.com/free-security-courses).
2. [**Panorays: What Is Cyber Security Monitoring & Why Is It Important?**](https://panorays.com/blog/what-is-cyber-security-monitoring/): Learn about the importance of cyber security monitoring and how it helps organizations respond to potential threats[2](https://panorays.com/blog/what-is-cyber-security-monitoring/).
3. [**Alison: Free Online Security Courses**](https://alison.com/tag/security): Alison offers free online security courses that cover various aspects of security, including how professional security services operate and how to secure equipment and premises[3](https://alison.com/tag/security).
4. [**Coursera: Security Management and Governance**](https://www.coursera.org/learn/security-management-and-governance): This course introduces security management and governance, incident response, and planning for failure[4](https://www.coursera.org/learn/security-management-and-governance).
5. [**Varonis: Free Security Courses**](https://www.varonis.com/free-security-courses): Varonis offers free courses by top cybersecurity experts, covering topics like PowerShell, incident response, GDPR, and web security fundamentals[1](https://www.varonis.com/free-security-courses).

Feel free to explore these resources to enhance your understanding of security monitoring! 🛡️🔍