
























Cyber Security Immersive Prep Course

Welcome to Lighthouse Labs	✓
Intro to Cyber Security	✓
Computers and Operating Systems	✓
Introduction to Networks	^
4 hrs	
 <u>Introduction to Networks</u>	✓
 <u>Fundamentals of Networks</u>	✓
 <u>Network Concepts</u>	✓
 <u>Network Protocols</u>	✓
 <u>Introduction to the OSI Model</u>	✓
 <u>TCP/IP Protocol</u>	✓
 <u>Additional Network Protocols</u>	✓
 <u>Network Security Basics</u>	✓
 <u>Understanding IP Addresses</u> ✓	✓
 <u>Internet Service Provider (ISP)</u> ✓	✓
 <u>Conclusion</u> ✓	✓
 <u>Knowledge Check</u> ✓	✓
Cyber Security Frameworks and Roles	^
3 hrs	
 <u>Cyber Security Frameworks and Roles</u> ✓	
 <u>Cyber Security Team: An Overview</u> ✓	✓
 <u>Cyber Security Team: Roles and Responsibilities</u> ✓	✓

June 11th

-  Cyber Security Team: Aligning Goals ✓
-  Knowledge Check: Cyber Security Roles & Responsibilities ✓
-  Choosing a Cyber Security Framework ✓
-  Using a Cyber Security Framework ✓
-  Thinking Critically about Cyber Security Frameworks ✓
-  Cyber Security Framework Components ✓ June 12th
-  Get to Know Some Frameworks ✓
-  Knowledge Check: Frameworks ✓



Blue vs Red Teams 7 modules ^

2 hrs

-  Offensive and Defensive Security ✓
-  The Role of the Blue Team ✓
-  Defensive Security Measures ✓
-  The Role of the Red Team ✓
-  Offensive Security Measures ✓
-  Knowledge Check - Blue or Red Team? ✓
-  Attack Simulations ✓ June 13

Cyber Prep Course Quiz 2 modules ^

1 hr

-  About the Prep Course Quiz ✓
-  Cyber Security Prep Course Quiz ✓

Dev Environment 11 modules ^

4 hrs

-  Dev Environment ✓
-  Virtualization Overview ✓
-  EVE Overview ✓ June 14

 [Introduction to Visual Studio Code](#)




7  [Introduction to MITRE ATT&CK](#)

6  [Introduction to Wireshark](#)

5  [Introduction to PAessler PRTG Network Monitor](#)

4  [Introduction to SIEM](#)

3  [Introduction to SNMP Events](#)

2  [Introduction to the Command Line](#)

\  [Command Cheat Sheets](#)

Program Structure and Learning Success



Preparing for Day One

