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All In One Moving & Storage | Global Moving Services

### Reflection Essay #1

This is the completion of my first 50 hours at the All In One Shipping & Storage Global Moving Services. I am delighted to be with this company, and my welcome has been nothing short of warm and comforting. I can definitely see myself settling permanently in the cybersecurity department. My internship experience so far, although it has been hands off, has consisted of learning and observing the workplace, and also learning about the culture of the company. I have not done much technical work, but it has been a good experience getting myself acclimated to the workplace and getting familiar with the network security infrastructure that the company uses. I was very interested to see how a logistical company at scale would even implement cybersecurity systems into their business, but I am slowly learning more and more why it is of the utmost importance as they handle customer information, process financial data, rely on computers and online systems, etc. On the contrary, being in a logistical business, companies in this field are much more susceptible to cyberattacks because attackers assume they have weaker defense systems. Throughout my first week, I have learned in a logistical business that some common cyber attacks include: various forms of phishing, malware, ransomware, and much more.

The beginning of the internship was about getting used to the company and what part cyber security plays in it. I read through a lot of the company's policies and day-to-day work

rules, and just some general security documents. I sat in on some meetings that talked about security. It was beneficial to listen to professionals discuss security in the workplace. It was good to see some of the concepts I have learned in school being applied to a company. I wasn't really doing anything hands-on, but I was eager to learn where cybersecurity stood in a larger company. All In One also has global operations, so to my advantage, I will be able to see how cybersecurity is used to protect information, manage risks, and support business operations across different regions and networks.

Another important part of my introduction was learning about workplace expectations and professional behavior. I learned how communication works within the company and how team members collaborate. This experience has helped me develop a better understanding of professionalism in a cybersecurity setting. My supervisor heavily emphasized the importance of attention to detail, confidentiality, and responsibility, as these were the core principles of the company.

On a whole, my first week as a cybersecurity intern at All in One Shipping and Storage LLC has been more of an exposure rather than a technical week. Even though I haven't really done that many activities, I still found the week productive, as it allowed me to settle in and know what I need to do going forward. I feel this will aid me in being able to contribute and take in more as the internship progresses, and I am very excited to see what else this internship has in store for me.