

# uCertify

## Course Outline

### Cybersec First Responder (CFR)



18 May 2024

1. Course Objective
  2. Pre-Assessment
  3. Exercises, Quizzes, Flashcards & Glossary  
Number of Questions
  4. Expert Instructor-Led Training
  5. ADA Compliant & JAWS Compatible Platform
  6. State of the Art Educator Tools
  7. Award Winning Learning Platform (LMS)
  8. Chapter & Lessons  
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Chapter 2: Assessing Information Security Risk  
Chapter 3: Analyzing the Threat Landscape  
Chapter 4: Analyzing Reconnaissance Threats to Computing and Network Environments  
Chapter 5: Analyzing Attacks on Computing and Network Environments  
Chapter 6: Analyzing Post-Attack Techniques  
Chapter 7: Managing Vulnerabilities in the Organization  
Chapter 8: Implementing Penetration Testing to Evaluate Security  
Chapter 9: Collecting Cybersecurity Intelligence  
Chapter 10: Analyzing Log Data  
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Chapter 12: Responding to Cybersecurity Incidents  
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Chapter 14: Appendix A: Mapping CyberSec First Responder (Exam CFR-310) Objectives to Course Content  
Chapter 15: Appendix B: Regular Expressions  
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- Videos and How To

## 9. Practice Test

Here's what you get

Features

## 10. Live labs

Lab Tasks

Here's what you get

## 11. Post-Assessment

## 1. Course Objective

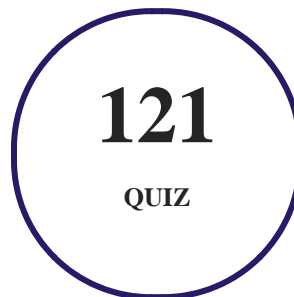
Get certified for the CertNexus CFR certification exam with the CyberSec First Responder (CFR) course and lab. The lab provides a hands-on learning experience in a safe, online environment. The CFR training course and lab cover the CFR-310 exam objectives and provide the required knowledge required to deal with a changing threat landscape. After completing the course, you will be able to assess risk and vulnerabilities, acquire data, perform analysis, continuously communicate, recommend remediation actions, and accurately report results.

## 2. Pre-Assessment

Pre-Assessment lets you identify the areas for improvement before you start your prep. It determines what students know about a topic before it is taught and identifies areas for improvement with question assessment before beginning the course.

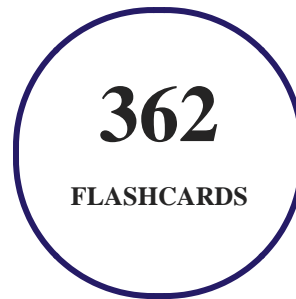
## 3. Quiz

Quizzes test your knowledge on the topics of the exam when you go through the course material. There is no limit to the number of times you can attempt it.



## 4. flashcards

Flashcards are effective memory-aiding tools that help you learn complex topics easily. The flashcard will help you in memorizing definitions, terminologies, key concepts, and more. There is no limit to the number of times learners can attempt these. Flashcards help master the key concepts.



## 5. Glossary of terms

uCertify provides detailed explanations of concepts relevant to the course through Glossary. It contains a list of frequently used terminologies along with its detailed explanation. Glossary defines the key terms.



## 6. Expert Instructor-Led Training

uCertify uses the content from the finest publishers and only the IT industry's finest instructors. They have a minimum of 15 years real-world experience and are subject matter experts in their fields. Unlike a live class, you can study at your own pace. This creates a personal learning experience and gives you all the benefit of hands-on training with the flexibility of doing it around your schedule 24/7.

## 7. ADA Compliant & JAWS Compatible Platform

uCertify course and labs are ADA (Americans with Disability Act) compliant. It is now more accessible to students with features such as:

- Change the font, size, and color of the content of the course
- Text-to-speech, reads the text into spoken words
- Interactive videos, how-tos videos come with transcripts and voice-over
- Interactive transcripts, each word is clickable. Students can clip a specific part of the video by clicking on a word or a portion of the text.

JAWS (Job Access with Speech) is a computer screen reader program for Microsoft Windows that reads the screen either with a text-to-speech output or by a Refreshable Braille display. Student can easily navigate uCertify course using JAWS shortcut keys.

## 8. State of the Art Educator Tools

uCertify knows the importance of instructors and provide tools to help them do their job effectively. Instructors are able to clone and customize course. Do ability grouping. Create sections. Design grade scale and grade formula. Create and schedule assessments. Educators can also move a student from self-paced to mentor-guided to instructor-led mode in three clicks.

## 9. Award Winning Learning Platform (LMS)

uCertify has developed an award winning, highly interactive yet simple to use platform. The SIIA CODiE Awards is the only peer-reviewed program to showcase business and education technology's finest products and services. Since 1986, thousands of products, services and solutions have been recognized for achieving excellence. uCertify has won CODiE awards consecutively for last 7 years:

- **2014**
  1. Best Postsecondary Learning Solution
- **2015**
  1. Best Education Solution

2. Best Virtual Learning Solution
3. Best Student Assessment Solution
4. Best Postsecondary Learning Solution
5. Best Career and Workforce Readiness Solution
6. Best Instructional Solution in Other Curriculum Areas
7. Best Corporate Learning/Workforce Development Solution

- **2016**

1. Best Virtual Learning Solution
2. Best Education Cloud-based Solution
3. Best College and Career Readiness Solution
4. Best Corporate / Workforce Learning Solution
5. Best Postsecondary Learning Content Solution
6. Best Postsecondary LMS or Learning Platform
7. Best Learning Relationship Management Solution

- **2017**

1. Best Overall Education Solution
2. Best Student Assessment Solution
3. Best Corporate/Workforce Learning Solution
4. Best Higher Education LMS or Learning Platform

- **2018**

1. Best Higher Education LMS or Learning Platform
2. Best Instructional Solution in Other Curriculum Areas
3. Best Learning Relationship Management Solution

- **2019**

1. Best Virtual Learning Solution
2. Best Content Authoring Development or Curation Solution
3. Best Higher Education Learning Management Solution (LMS)

- **2020**

1. Best College and Career Readiness Solution
2. Best Cross-Curricular Solution
3. Best Virtual Learning Solution

## 10. Chapter & Lessons

uCertify brings these textbooks to life. It is full of interactive activities that keeps the learner engaged. uCertify brings all available learning resources for a topic in one place so that the learner can efficiently learn without going to multiple places. Challenge questions are also embedded in the chapters so learners can attempt those while they are learning about that particular topic. This helps them grasp the concepts better because they can go over it again right away which improves learning.

Learners can do Flashcards, Exercises, Quizzes and Labs related to each chapter. At the end of every lesson, uCertify courses guide the learners on the path they should follow.

### Syllabus

#### Chapter 1: Introduction

- Course Description
- Course-Specific Technical Requirements
- How to Use This Course

#### Chapter 2: Assessing Information Security Risk

- Topic A: Identify the Importance of Risk Management
- Topic B: Assess Risk
- Topic C: Mitigate Risk



- Topic D: Integrate Documentation into Risk Management
- Summary

### Chapter 3: Analyzing the Threat Landscape

- Topic A: Classify Threats and Threat Profiles
- Topic B: Perform Ongoing Threat Research
- Summary

### Chapter 4: Analyzing Reconnaissance Threats to Computing and Network Environments

- Topic A: Implement Threat Modeling
- Topic B: Assess the Impact of Reconnaissance
- Topic C: Assess the Impact of Social Engineering
- Summary

### Chapter 5: Analyzing Attacks on Computing and Network Environments

- Topic A: Assess the Impact of System Hacking Attacks
- Topic B: Assess the Impact of Web-Based Attacks
- Topic C: Assess the Impact of Malware
- Topic D: Assess the Impact of Hijacking and Impersonation Attacks

- Topic E: Assess the Impact of DoS Incidents
- Topic F: Assess the Impact of Threats to Mobile Security
- Topic G: Assess the Impact of Threats to Cloud Security
- Summary

## Chapter 6: Analyzing Post-Attack Techniques

- Topic A: Assess Command and Control Techniques
- Topic B: Assess Persistence Techniques
- Topic C: Assess Lateral Movement and Pivoting Techniques
- Topic D: Assess Data Exfiltration Techniques
- Topic E: Assess Anti-Forensics Techniques
- Summary

## Chapter 7: Managing Vulnerabilities in the Organization

- Topic A: Implement a Vulnerability Management Plan
- Topic B: Assess Common Vulnerabilities
- Topic C: Conduct Vulnerability Scans
- Summary

## Chapter 8: Implementing Penetration Testing to Evaluate Security

- Topic A: Conduct Penetration Tests on Network Assets
- Topic B: Follow Up on Penetration Testing
- Summary

## Chapter 9: Collecting Cybersecurity Intelligence

- Topic A: Deploy a Security Intelligence Collection and Analysis Platform
- Topic B: Collect Data from Network-Based Intelligence Sources
- Topic C: Collect Data from Host-Based Intelligence Sources
- Summary

## Chapter 10: Analyzing Log Data

- Topic A: Use Common Tools to Analyze Logs
- Topic B: Use SIEM Tools for Analysis
- Summary

## Chapter 11: Performing Active Asset and Network Analysis

- Topic A: Analyze Incidents with Windows-Based Tools
- Topic B: Analyze Incidents with Linux-Based Tools

- Topic C: Analyze Malware
- Topic D: Analyze Indicators of Compromise
- Summary

## Chapter 12: Responding to Cybersecurity Incidents

- Topic A: Deploy an Incident Handling and Response Architecture
- Topic B: Contain and Mitigate Incidents
- Topic C: Prepare for Forensic Investigation as a CSIRT
- Summary

## Chapter 13: Investigating Cybersecurity Incidents

- Topic A: Apply a Forensic Investigation Plan
- Topic B: Securely Collect and Analyze Electronic Evidence
- Topic C: Follow Up on the Results of an Investigation
- Summary

## Chapter 14: Appendix A: Mapping CyberSec First Responder (Exam CFR-310) Objectives to Course Content

## Chapter 15: Appendix B: Regular Expressions

- Topic A: Parse Log Files with Regular Expressions

## Chapter 16: Appendix C: Security Resources

- Topic A: List of Security Resources

## Chapter 17: Appendix D: U.S. Department of Defense Operational Security Practices

- Topic A: Summary of U.S. Department of Defense Operational Security Practices

## Videos and How To

uCertify course includes videos to help understand concepts. It also includes How Tos that help learners in accomplishing certain tasks.

**12**

VIDEOS

**39**

MINUTES

## 11. Practice Test

**Here's what you get**

**50**

**PRE-ASSESSMENTS  
QUESTIONS**

**1**

**FULL LENGTH TESTS**

**100**

**POST-ASSESSMENTS  
QUESTIONS**

## Features

Each question comes with detailed remediation explaining not only why an answer option is correct but also why it is incorrect.

### Unlimited Practice

Each test can be taken unlimited number of times until the learner feels they are prepared. Learner can review the test and read detailed remediation. Detailed test history is also available.

Each test set comes with learn, test and review modes. In learn mode, learners will attempt a question and will get immediate feedback and complete remediation as they move on to the next question. In test mode, learners can take a timed test simulating the actual exam conditions. In review mode, learners can read through one item at a time without attempting it.

## 12. Live Labs

The benefits of live-labs are:

- Exam based practical tasks
- Real equipment, absolutely no simulations
- Access to the latest industry technologies
- Available anytime, anywhere on any device
- Break and Reset functionality
- No hardware costs

# Lab Tasks

## **Analyzing Reconnaissance Threats to Computing and Network Environments**

- Exploiting a Website Using SQL Injection
- Getting Information about the Current Connection Statistics of UDP
- Getting Information about the Current Connection Statistics of TCP
- Finding the MAC Address of a System
- Getting Information about UDP Ports
- Getting Information about TCP Ports
- Using the tracert Command
- Scanning the Local Network
- Displaying Metadata Information
- Getting UDP Settings
- Getting TCP Settings
- Performing Vulnerability Scanning Using OpenVAS
- Conducting Vulnerability Scanning Using Nessus

## **Analyzing Attacks on Computing and Network Environments**

- Analyzing Traffic Captured from Site Survey Software (kismet)
- Capturing Packets Using Wireshark
- Using TCPdump
- Using NetWitness Investigator
- Using a Numeric IP Address to Locate a Web Server
- Using OWASP ZAP
- Exploiting LDAP-Based Authentication
- Performing a Memory-Based Attack
- Performing Session Hijacking Using Burp Suite
- Confirming the Spoofing Attack in Wireshark
- Using the hping Program
- Getting Information about DNS

### **Analyzing Post-Attack Techniques**

- Enabling the peek performance option
- Using Global Regular Expressions Print (grep)
- Using the dd Utility
- Using the Event Viewer

### **Managing Vulnerabilities in the Organization**

- Obtaining IP Route Information from the IP Routing Table
- Using MBSA

### **Collecting Cybersecurity Intelligence**

- Obtaining Information about the Net Firewall Profile
- Obtaining Information about Different IP versions
- Obtaining the IP version supported by a network adapter

### **Analyzing Log Data**

- Analyzing Linux Logs for Security Intelligence

### **Performing Active Asset and Network Analysis**

- Exploring Windows File Registry
- Using FTK Imager
- Using the Disk Defragmenter Microsoft Drive Optimizer
- Using a Hex Editor

### **Investigating Cybersecurity Incidents**

- Converting the FAT32 Partition to NTFS Using cmd
- Converting an NTFS Partition to FAT32 Using Disk Management
- Converting a FAT32 Partition to NTFS Using Disk Management

**Here's what you get**



**42**

LIVE LABS

**31**

VIDEO TUTORIALS

**53**

MINUTES

### 13. Post-Assessment

After completion of the uCertify course Post-Assessments are given to students and often used in conjunction with a Pre-Assessment to measure their achievement and the effectiveness of the exam.

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