THE CYBERSENTINEL

The official newsletter of CyberPatriot—AFA's National Youth Cyber Education Program

October 2020 | In This Issue

National Commissioner's Cache

CyberPatriot is defined by its heroes. My favorites are the AFA visionaries who established the program, the AFA staff members with whom I'm honored to work every day, along with the THOUSANDS of people who give so generously of their talents and treasure to grow and sustain the program. You can read about two of those heroes in this issue. Reynold Hioki has done amazing work in cybersecurity education (and in CyberPatriot) in Hawaii, and I've been honored to have him as a colleague and friend for decades, going back to my days in uniform. Alex Farrell has quickly earned "hero status" by managing the tremendous relationship we enjoy with our generous presenting sponsor, the Northrop Grumman Foundation. Please read about these great heroes in the pages that follow. There is still time to get registered for CP-XIII, so please encourage your friends to join the fun!

CyberPatriot XIII Competition Updates

Only a week remains to register a team for the CyberPatriot XIII competition season. The competition is open to all high schools, middle schools, home schools, and approved youth organizations. **Register by October 15, 2020** to be part of the nation's largest youth cyber defense competition.

SCHEDULE CHANGES: The competition schedule has been revised as of Sept. 23, 2020. The new dates are as follows:

- **Training Round:** September 9 – October 5, 2020
- **Sneak Preview:** October 7, 2020 *(one-day event 9:00 AM – 9:00 PM ET)*
- **Training Round II:** October 8 - November 11, 2020
- **Practice Round:** October 22 – November 9, 2020
- **Round 1:** (All teams participate) November 13-15, 2020
- **Round 2:** (All teams participate) December 11-13, 2020
- **Round 3:** (All Teams participate) January 22-23, 2021 *(two days only)*
- **National Finals Competition:** March 18-22, 2021

COVID UPDATES: Teams are expected to follow local, state, and federal guidelines concerning COVID-19. To assist our coaches in finding appropriate competition spaces, we will allow the location of team members during the same competition period to vary based on the team's situation. We are amending the competition rules to allow teams to compete in the following configurations:

- Team competes in-person as a group during the same competition period.
- Team members compete distributed at homes or facilities in the same competition period.*
- Team competes as a hybrid of in-person or distributed at homes of facilities in the same competition period.
    - *Teams not competing in-person as a single group will still need to be supervised. The CyberPatriot Program Office is working on guidance now. Some possible options for team supervision may be technical (e.g., ZOOM, WebEx, etc.), in-person (e.g., parent or other adult supervision), or other means (e.g., post-round team interviews). Teams will receive guidance on this as we get closer to the competition.*

*Competitors may download images at home
*Teams traditionally affiliated with a school may compete without an affiliation if the school has directed cancellation of extracurricular activities as a COVID-19 precaution. Teams that fall into this category should select "Unaffiliated due to COVID restrictions" as the organization type during the registration process, and list the CyberPatriot Program Office (info@uscyberpatriot.org) as the verification official.

New Coach Workshop
Getting up and running as a first-time CyberPatriot team can be overwhelming. That's why we've created a New Coach Workshop (video recording) to help guide first-time coaches through the ins and outs of competition registration. The workshop also includes a section on technical instructions for downloading the virtual images that the students compete on. **View the workshop at https://www.youtube.com/watch?v=9WPjcVSs_D8**

AFA CyberCamps - Summer 2020 Report

We are pleased to share with you the AFA CyberCamps Summer 2020 Report. The report synopsizes the summer 2020 season of AFA CyberCamps. It provides camp participant demographics, effectiveness, and quality as reported in post-camp surveys of participants and instructors.

This report also tabulates recommendations for improvement received from participants and instructors. Each of these recommendations will be evaluated by AFA's CyberPatriot Program Office for possible incorporation into future CyberCamp seasons.

Registration for 2021 CyberCamps will open in February, but it's never too early to start planning your camp today!

Elementary School Programs
October is Cybersecurity Awareness Month! What better time to introduce the subject of cybersecurity to your elementary school students? The Elementary School Cyber Education Initiative (ESCEI) is a set of three fun, interactive learning modules aimed at increasing grade K-5 students' awareness of online safety and cybersecurity principles. Supplemental activities are also available. Get your FREE download of ESCEI today.

In additional to ESCEI, we offer two children's books that follow the adventures of young cybersecurity heroes. *Sarah the Cyber Hero* and *Ben the Cyber Defender* are available for purchase ($9.95/paperback or $2.99) on Amazon or Bookbaby.com.

CyberGenerations

It's never too late to start learning about cybersecurity. CyberGenerations - The Senior Citizens' Cyber Safety Initiative – is available to you and your loved ones free of charge! To keep participants safe, we are offering [guided workshops lessons on our website, available to anyone at any time](). Check them out today!

Cybersecurity Awareness Month

October is Cybersecurity Awareness Month! The CyberPatriot Program Office has joined the global effort to promote awareness for online safety and privacy by becoming a Champion for Cybersecurity Awareness Month.

You can do your part, too… Keeping the digital world secure requires all of us to be proactive and diligent. Learn how you can #BeCyberSmart this month (and all months!) at https://staysafeonline.org/cybersecurity-awareness-month/

Good news for cybersecurity experts – the demand for well-trained cyber pros is at an all-time high. Learn about careers in cyber at https://niccs.uscert.gov/

Participant Spotlights

Reynold T. Hioki | State of Hawaii, Department of Defense | Cybersecurity Community Outreach Coordinator

Over the past several years, Hawaii has become a hotspot for CyberPatriot programs thanks to the many volunteers who have dedicated countless hours to growing participation across the state. One volunteer in-particular who has gone above and beyond to support CyberPatriot in Hawaii is Reynold T. Hioki, Cybersecurity Community Outreach Coordinator with the State of Hawaii Department of Defense.

Reynold initially got involved with the CyberPatriot (CP) program as a mentor in 2014 for Kapolei High School (Oahu) after attending a local meeting that Brig. Gen. Bernie Skoch (USAF, Ret.) – CyberPatriot's National Commissioner – spoke at. After becoming the state cybersecurity coordinator in 2016, he led the local CyberPatriot community to host its first-ever CyberCamp in 2017. Response was overwhelming with over 15 camps being offered and engaging more than 300 students. Reynold has been actively involved since, supporting the local CyberPatriot recognition ceremonies and invitational competitions, and acting as the lead for Hawaii's CyberCamps.

As the former National Guard Communications Director for the State of Hawaii, Department of Defense, cybersecurity was a key component of Reynold's responsibilities – that's when he started to actively engage in cybersecurity. The position led to his current coordinator position which promotes cybersecurity within Hawaii's youth, families, and seniors. "The National Youth Cyber Defense Competition, AFA CyberCamps, CyberGenerations and ESCEI (limited) have all been offered to our community members in the past," said Reynold. "Once you get involved, you quickly realize its importance and the tremendous need to train and educate our community."

When asked what advice he would share with other who are looking to grow CyberPatriot in their communities the same way Reynold was able to grow CyberPatriot in Hawaii, his answer was this: Just like the competition, growing the local CyberPatriot program is a team effort. Many of us from all levels of government, private sector, academia,

non-profits, teachers/coaches, parents, retirees and other volunteers come together to actively support and build our program." Though funding is very limited, Reynold and his team have managed to partner and collectively bring together the resources needed. In short, they partner with those in the community that desire to directly contribute to a safer and more secure connected future.

Reynold's advice to our youth on early career development is to "give CyberPatriot and cybersecurity a chance and don't let anyone discourage you. It's fun, challenging, and a great start to a rewarding career---you will not regret it." He especially wants to encourage young women to pursue cybersecurity, as many realize they can do well and have excelled in this field. Cybersecurity professionals are in very high demand today, and there are also lots of programs and scholarships to assist you to succeed.

Sponsor Highlights

Northrop Grumman: An Interview with Elizabeth "Alex" Farrell, CyberPatriot Global Program Manager

Q: How long have you been working with the CyberPatriot program?
I started working with the CyberPatriot program during the summer of 2017. I didn't know anything about the CyberPatriot program until joined Diane Miller's team and I'm so glad I've had the opportunity to be a part of this amazing program! I've also had the privilege of moving into the role of Global CyberPatriot Program Manager this year, which allows me to have a part with sharing the CyberPatriot experience with students from around the world.

Q: How did you choose your career choice?
A: During my enlistment in the USAF I chose to pursue a commissioning program so could get my degree. I was unsure of what I wanted to study and learned the university career services office offered a Strong Interest Inventory Test to help students figure out what careers they might be compatible with. One of the career options I was most compatible with was computer science. I did some research and thought it would be an interesting career path because computer science is used in all industries. This decision turned out to be the beginning of an exciting and rewarding cyber career.

Q: What has allowed you to be successful in your job?
A: The best lesson I learned early, which is one of the things I love about my job, is that there is tremendous room for diversity of thought and I don't have to be the smartest person in the room to make a contribution that has value. Many of my projects over the years have been complex and required the cooperation of teams from diverse parts of an organization to be successful. Other attributes that have served me well are a love of learning, keeping an open mind, pursuing new challenges, resiliency, and knowing how to be a good follower/leader.

- I love to learn about many different things because it helps me think about issues from different perspectives, and can provide a spark of creativity that helps me to solve a difficult problem
- Keeping an open mind allows me to see and pursue prospects. My opportunity to work with CyberPatriot came from having an open mind. I had originally suggested a friend pursue the role when she pointed out that I would be a great fit myself. Listening to feedback from others has led to many terrific experiences throughout my career
- One important lesson I've learned over the years is that growth comes from discomfort. There are many different reasons not to pursue new opportunities – fear is never one of them. I always focus on the strengths and value I bring and grow into new roles from that perspective.
- Working in cyber provides the opportunity to experience different emotions representative of the entire color spectrum. Sometimes I feel great, other days ok, and sometimes I'm so frustrated I'd like to beat my device with a hammer. Resilience is the attribute that helps me keep perspective through all of the different

emotions because I know it is part of the process and with the right tools I can get through difficult challenges and still be ok.

- Finally, leadership and followership have been crucial to performing well in teams. I've learned the right times to be a leader or a follower. When I'm the leader I try to be inclusive and give everyone the opportunity to contribute and feel valued. When I'm the follower I support the leader by supporting team goals and contributing ideas and input that contributes to the team's success.

Q: What advice do you have for CyberPatriot competitors who are early in their career development?
- Tip #1: The cyber profession is often one of trust – make good lifestyle choices that demonstrate you're a good fit
- Tip #2: Find your best path by following your passions and interests. Have the curiosity and courage to try new things. A variety of experiences can contribute to innovative solutions in unexpected ways. If you find something you're passionate about, then pursue it - it is easier to find joy working with something you enjoy. Seek input from a variety of professionals or become a mentor – you might be surprised by how someone's story can positively influence another person's journey. Volunteer – you never know the value of experience until you need it. Seek opportunities to develop characteristics and skills valued by the cyber industry – personal and behavioral qualities are valued in addition to technical skills
- Tip #3: Start building your resume early – include experience that showcases your behavioral and personal skills in addition to your technical knowledge
- Tip #4: Regardless of the career path you choose in the future, participating in CyberPatriot gives you a foundation of skills that is valued in any profession. I encourage you to keep an open mind, be flexible, and look for the opportunities that are good fit for you and what you want to do

CyberPatriot & The News

[North Dakota covers schools' entry fees for national cyber competition](#)
The North Dakota Information Technology Department announced Wednesday it will cover the registration fees for up to 25 schools participating in CyberPatriot, a national cybersecurity competition run by the Air Force to generate interest in technology careers.

[What does our future workforce look like?](#)
Tamara Shoemaker, cybersecurity specialist and Founder of the MCISSE CyberPatriot Program in Michigan, offers here insight on preparing students to survive in a digitalized world, getting every school in the business of teaching cybersecurity, what the qualities that industry be looking for in the future workforce.

[Cyberattack hobbles major hospital chain's US facilities, staff forced to use paper records](#)
A computer outage at Universal Health Services Inc., which operates more than 250 hospitals and other clinical facilities in the U.S., with treatment impeded as doctors and nurses already burdened by the coronavirus pandemic were forced to rely on paper backup systems.

Universal Health Services Inc. blamed the outage on an unspecified IT "security issue" in a statement posted to its website, but provided no details about the incident, such as how many facilities were affected and whether patients had to be diverted to other hospitals. Criminals have been increasingly targeting health care institutions with ransomware during the pandemic.