



# JOB PREP

**"The Voice of Career Insight"**

Global Information Technology - Monthly Newsletter

November 2016

## Why You Should Consider A Career in Cybersecurity

Consider this:

- According to Forbes magazine, the cybersecurity job market is expected to grow to more than \$170 billion in just four years, making it not only one of the fastest growing employment segments in IT, but one that also comes with six-figure salaries, security and plenty of room for upward mobility. Last year, U.S. News & World Report ranked cybersecurity eighth on a list of the 100 best jobs. Cert magazine released its own survey, with most jobs in the field topping out well over the \$100K mark (Forbes reports this number can actually exceed \$300K in major American cities). Top specialists from New York to San Francisco can expect to earn even more than an anesthesiologist.

The good news for you? The jobs that are opening up in the industry cannot be filled fast enough.

The Bureau of Labor Statistics estimated that there are currently more than 200,000 available cybersecurity jobs in the U.S. alone

Cisco reported that this number is actually closer to 1,000,000 nationally and 6,000,000 globally.

When it comes to salary, cybersecurity specialists make upwards of \$6,500 more than their IT peers, according to a Job Market Intelligence report.

The Ponemon Institute reported that the average cost of a cyber breach has reached \$3.8 million, making it a serious consideration among company leaders who may have tried turning a blind eye until now. Dr. Larry Ponemon, chairman and founder of Ponemon institute:  
"Based on our field research, we identified three major reasons why the cost keeps climbing:



### *Global I.T.'s Monthly Thought Provocation*

**"Work hard, stay positive, and get up early. It's the best part of the day. "**

**- George Allen, Sr.**

### **Special Points of Interest In This Issue of 'JobPrep'**

- Why you should get a career in cyber security
- Ways to Secure Your Computer
- iPhone6 and iPhone6 Plus
- NEW! Wellness Corner
- Microchips and Professional Athletes

# 10 Easy Steps to Secure Your Computer

They're out there: Hackers, spammers, fishers, scammers, identity thieves, and viruses. Every day they work to find new ways to crack your passwords, break into your accounts, steal your credit card numbers, and wreak havoc on your hard drive, but you don't have to swear off the internet for good. Here are ten ways you can secure your computer and keep your information safe.



1. **Stay protected.** Don't leave your computer without virus protection! While top of the line anti-virus software like Norton and McAfee are best, if you're short on funds you can still get adequate virus protection with a free program like AVG ([www.avg.com](http://www.avg.com)) or Avast ([www.avast.com](http://www.avast.com)).

2. **Update, update, update!** You know those little notifications that pop up in the bottom-right corner of the screen telling you a new update is available? Don't ignore them! It is very important that you keep your operating system, your anti-virus software, and all other programs up-to-date in order to keep your computer secure.

3. **Run regular virus scans.** Most anti-virus programs allow you to create a schedule for regular scans. It is recommended that you scan your entire hard drive weekly for the best protection against viruses.

4. **Use Windows Firewall.** Windows comes with a built-in firewall that can help protect your computer from unauthorized access while you're online. Check your Control Panel to make sure you have Windows Firewall turned on for all of the connections you use. TIP: Be sure to add your anti-virus program to the Windows Firewall's list of "exceptions," so that it can update without being blocked.

5. **Secure your wifi connection.** Make sure your wireless network has a password that only you know.

6. **Don't login as "administrator."** It's best to create a separate account with limited access, and use only that account to access the Internet. Users with limited access cannot install new programs, or make system changes, which means intruders can't do those things either.

7. **Use strong passwords.** Whether you're creating a password to login to your computer, your e-mail, or your Facebook account, you need to make sure you're using strong, complex passwords. It's best to use a password which includes at least one of each of the following: lower case letter, upper case letter, number, and special character.

8. **If you're away from home, lock your computer when you're not using it.** Whether you're at work, an Internet café, library, or coffee shop, it's important to lock your computer if you happen to walk away from it. Once locked, the computer will require a password for access.

9. **Block spam e-mails.** Spam e-mail messages can contain viruses, fake links, and other scams that may seem legitimate, and can be tempting to click. Check with your e-mail provider to make sure that spam blocking is in effect on your account.

10. **Be careful what you click.** No matter how strong your spam blocker is, occasional spam and scam messages can still find their way to your inbox. That's why it's important to be careful what you click. Be wary of messages from e-mail addresses you don't recognize. Don't click on links in these messages, and definitely don't open attachments.



**We accept Veterans/GI Bill, Post 911 bill, and other military benefits.**

## Cyber security continued ...

Cyber attacks are increasing both in frequency and the cost it requires to resolve these security incidents.

- The financial consequences of losing customers in the aftermath of a breach are having a greater impact on the cost.
- More companies are incurring higher costs in their forensic and investigative activities, assessments and crisis team management.

With more money and data at risk, not to mention reputations on the line, more experts are needed to prevent breaches before they happen. That's why cybersecurity careers are growing almost four times faster than any other IT-related job, according to Stanford University. In fact, it's expected these jobs will double by more than half in the next three years.

To ensure that there are enough experts to fill the slots being created every day, some companies, like Palo Alto Networks in the Silicon Valley, are recruiting more women to a field that's long been dominated by men. A recent company-wide survey showed that while women usually make up about only 10 to 15 percent of the cybersecurity workforce at large, at Palo Alto they account for a quarter of personnel.

There are also efforts being made to recruit younger and non-white IT professionals, as well as finding creative ways to reach younger students with STEM education (STEM stands for Science, Technology, Engineering and Mathematics). Research is showing that kids who are introduced to STEM at younger ages tend to show more interest in related fields in which cybersecurity is included.



## Job Interview Tips

All candidates should research a company thoroughly before an interview. And if the company is a private firm, that's not an excuse to skip doing your homework. Where there's a will, there's a way, and finding a way to gather information on a company distinguishes the great candidates from the good candidates. What else can you do to improve your chances at the interview? Try these tips for size:

### Be Concise

Interviewees rambling on is one of the most common interview blunders. Listen to the question, and answer the question, and answer it concisely.

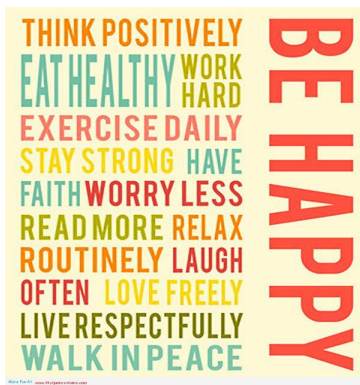


### Provide Examples

It's one thing to say you can do something; it's another to give examples of things you have done. Think of recent, strong strategic examples of work you've done, then when the question is asked, answer with specifics, not in generalities.

### Be Honest

If you don't have a skill, just state it. Don't try to cover it up by talking and giving examples that aren't relevant.



## GIT Wellness Corner

### How to Eat Better at Work

What can you do to improve what you eat at the office, which for many of us is the bulk of what we consume all day? Here are a few approaches to better nutrition in the land of heartburn and the pizza-sized chocolate chip cookie.

**Bring Your Own Food.** The consensus of health and nutrition professionals is that you'll eat much better if you plan ahead and pack a lunch.

**Control Portions to Control Your Waistline.** You've got to control portions to eat healthfully at the office. The key is to portion out at home what you'll be eating in the break room.

**Get Real About What's Healthy.** Educate yourself to understand what's really nutritious.



## Career Guidance Column



**Andrei - I'm embarrassed to share with my friends and family that I need a job. What are your thoughts on this?** Smart job seekers aren't afraid to mention career aspirations to their book club, their parents' friends or their dentist. One never knows whose golf partner might be the ticket to getting a foot in the door. Even friends may learn more about you and perhaps think of you for a lead that they might have overlooked. But the answer is always no if you don't ask.

## Contact Us

Call us for more information about our exclusive IT services. We will help you begin your new career today.

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## Upcoming IT Courses - Starting Soon .....

A+ - 13	Oracle I2c - 6, 16	Access - 4, 11
Dreamweaver - 11, 23	Oracle II g - na	Professional - na
BA - na	Security - 15	PowerPoint - 11, 18
Ethical Hacker - 6	SQL - 15	SharePoint - na
CCNA - 2	Web Pro - 5	XHTML - na
ASP.Net - 13	Network+ - 6, 8	Photoshop - 5
Java - 13	MCSA - 18	Flash - 12, 19
Linux+ - na	Outlook - na	Software Q& - 16, 20
Excel -22	PMP- 6	<b>NEW!....CCNP</b>
MSSA - na	Word - 15	<b>NEW! SQL Server 2012</b>





# Microchips the next big thing in sports technology and Mavericks are leading the way

Devin Harris says he was unfazed last season when he and his Mavericks teammates were asked to wear tracking devices during practices. Nor was Harris surprised when the Mavericks became the only NBA team to implement Readiband sleep-monitoring watches. "They just want to collect data," Harris says with a shrug. "We've got a lot of stuff that we do that's a little bit different, but if it helps us get better, I don't think anyone will object to it."



When your boss is tech innovator Mark Cuban and you play for probably the most cutting-edge team in America, sports science is ingrained in the culture and data collection is deemed essential to deriving a winning equation. Therefore it is small wonder that the Mavericks have an athletic performance director, 34-year-old Jeremy Holsopple, who says, "We are constantly beta-testing several technologies."



To Cuban, it's just common sense. Amid a micro-chipped society that has transformed our phones into GPS navigators and motion sensors and enables us to find beloved lost pets, why wouldn't sports teams tap science and technology's ever-evolving possibilities?

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## Technical Advice



***Marcial - Can I be identified using a wireless connection at a coffee shop or local shopping mall?*** - Unfortunately, there is no steady-fast way to detect whether or not you are being tracked; however, if you are at a local coffee shop or a shopping mall and using their wireless connection, I would always advise you against using such a connection for exchanging highly sensitive information unless on the following is true:

- 1) You are connected over an SSL (secure socket layer) connection.
- 2) You are connected through your company's VPN tunnel.

Online banking and most online shopping sites use encryption algorithms that insure your connection is secure. That is, information you send over the internet is encrypted and safe. That said, if your local Starbucks wants to know **\*where\*** you are surfing, they can see that, since only the data transferred is secured, but not the location of where you are surfing to.