



# Cyberhygiene Essentials

Practical skills for maintaining digital security in everyday life

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## Course Overview

A comprehensive introduction to essential cyberhygiene practices for both personal and professional contexts, providing practical skills for maintaining digital security. This 6-week course equips participants with the knowledge and tools needed to identify and mitigate common security threats, implement strong protection measures, and build sustainable security habits for long-term digital safety.

### Next Cohort

- Start Date: July 20th, 2026
- Format: Available in instructor-led online, self-paced, and in-person formats
- Prerequisites: Basic computer literacy, no technical cybersecurity knowledge required

## Course Curriculum

### Module 1: Digital Threat Landscape (Week 1)

- Understanding the current cybersecurity threat environment
- Common attack vectors and techniques
- Psychological aspects of cybersecurity
- Threat actors and their motivations
- Personal and organizational risk assessment
- Building a security mindset



## Module 2: Password Security and Authentication (Week 2)

- Password vulnerabilities and attack methods
- Creating and managing strong passwords
- Password manager implementation
- Multi-factor authentication setup and use
- Biometric authentication considerations
- Authentication best practices across different platforms

## Module 3: Device Protection Strategies (Week 3)

- Securing laptops, desktops, and mobile devices
- Operating system security settings
- Application security and updates
- Antivirus and anti-malware solutions
- Disk encryption and secure storage
- Physical security considerations

## Module 4: Safe Browsing and Communication (Week 4)

- Browser security settings and extensions
- Recognizing malicious websites and downloads
- Email security and phishing awareness
- Safe social media practices
- Secure messaging and communication
- Public Wi-Fi risks and protections

## Module 5: Data Protection and Privacy (Week 5)

- Personal data inventory and classification
- Data minimization principles
- Backup strategies and implementation
- Privacy settings across digital services
- Digital footprint management
- Privacy-enhancing technologies

## Module 6: Building Sustainable Security Habits (Week 6)

- Creating a personal cybersecurity plan
- Security habit formation
- Incident response preparation
- Recovery from security incidents
- Keeping up with evolving threats
- Helping others improve their cyberhygiene
- Capstone: Complete personal cybersecurity implementation

## Learning Outcomes

By the end of this course, you will be able to:

- Identify common cybersecurity threats and how they might affect you
- Create and manage strong authentication across your digital life
- Implement effective protection measures for all your devices



- Practice safe browsing, email, and social media habits
- Protect your personal data and maintain your privacy
- Develop sustainable security habits for long-term protection
- Respond effectively to potential security incidents
- Help friends, family, and colleagues improve their cybersecurity

## Instructors

Our instructors are experienced cybersecurity professionals who specialize in making security concepts accessible to non-technical audiences, with backgrounds in both technical security implementation and user education.

## Assessment and Certification

- Weekly hands-on security implementation exercises
- Real-world scenario analysis and problem-solving
- Personal security audit and improvement project
- Security habit tracking and reflection
- Final capstone project: Complete personal cybersecurity implementation
- Course completion certificate with detailed competencies

## Resources

- Comprehensive course materials and step-by-step guides
- Curated security tools and resources for all major platforms
- Custom security checklists and assessment templates
- Community forum for discussion and ongoing support
- Office hours with instructors for personalized guidance

## Download

## Enroll

## Contact

Interested in enrolling or have questions about this course?

- Email: [office@chen.ist](mailto:office@chen.ist)
- Phone: Schedule a call to discuss your goals
- Web: Book a free consultation