



Enhancing Cybersecurity Hygiene

UWF Florida Cybersecurity Training Program

Offered by the University of West Florida Center for Cybersecurity

Course Overview

Course / Tabletop Exercise Date: Wednesday, May 7, 2026

<https://uwf.edu/centers/center-for-cybersecurity/workforce-development/uwf-florida-cybersecurity-training-program/>

Tabletop Exercise Times: 8 am – 4 pm CT with break from 11:30 am – 12:30 pm CT
(9 am – 5 pm ET with break from 12:30 – 1:30 pm ET)

Duration: 1 day

Instructional Hours: 7 contact hours

Delivery Format: Synchronous online (tabletop exercises) | via Zoom

Target Audience: Local and state government personnel.

Recommended Background: Working knowledge of IT.

CEUs: 0.7, **CPEs:** 9

Course Instructor(s):

Instructor	Email Address
Sajida Shabanali	sshabanali@uwf.edu

Course Description

This exercise is intended to improve an organization's cybersecurity program awareness, plans, decision making process, and capabilities in response to a cyber threat-based scenario. This exercise works best with a combination of individuals from different roles working together. Participants will work in groups to discuss scenarios and plan responses to cyber incidents. There will be a discussion of the responses devised by all groups to share the variety of solutions. The exercise closes with a discussion of case studies of actual cybersecurity incidents, how the attacked organizations responded, and lessons that were learned from the incidents.

The resources for this tabletop exercise were provided by CISA
<https://www.cisa.gov/resources-tools/resources/cybersecurity-scenario>.