



## Utilizing the CIS Controls

**UWF Florida Cybersecurity Training Program**  
**Offered by the University of West Florida Center for Cybersecurity**

### Course Overview

**Cyber Skills Exercise Date:** November 7, 2024

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

**Duration:** 1 day

**Estimated Time Commitment:** 7 hours

**Instructional Hours:** 7 contact hours

**Delivery Format:** Synchronous online (Meeting via Zoom)

**Target Audience:** IT or Cybersecurity practitioners, managers, and executives

**Required Prerequisites / Background:** Learners should have basic familiarity with computers.

**CEUs:** 0.7, **CPEs:** 9

**Course Instructor:**

Instructor	Email
Mrs. Connor McCasland, CISSP	cmoore4@uwf.edu

### Course Description

In a world where cyberattacks are constant, IT and cybersecurity professionals need a way to understand everything they must do to protect and defend their systems and data. The CIS Critical Security Controls (CIS Controls) are a prioritized and simplified set of best practices that you can use to strengthen your cybersecurity posture. With these security controls, you can evaluate your organization’s gaps and understand the best next steps to improve based on the size and capability of your organization.

In this course, participants will learn what CIS Controls are, how they became one of the industry standards, how to implement CIS Controls for their organization, and discuss the potential challenges of implementing these controls. Participants will also learn of tools and resources that they can use to assist in their implementation and evaluation processes.

This course uses a combination of lectures, discussions, and exercises in a synchronous (live online instruction) environment via Zoom.