



# Content for Knowledge Workers, including those CMMC Certified

Topic	Vid Count	Duration	Courses	Duration
Passwords & Authentication	10	00:24:35	4	01:30:00
Phishing	9	00:25:01	3	00:58:00
Remote Work	4	00:14:56	1	00:21:00
USB/Removable Media	8	00:31:28	4	01:31:00
Security Awareness	4	00:08:42	2	00:27:00
Email	3	00:06:58	0	00:00:00
Network Security	5	00:14:27	2	00:49:00
Ransomware	7	00:22:47	3	01:03:00
Malware	4	00:15:41	1	00:23:00
CUI	9	00:26:08	1	00:33:00
Insider Threat	7	00:18:58	2	00:44:00
AI Security	2	00:11:01	0	00:00:00
GDPR	7	0.02316	1	0.02316
Social Media	6	00:17:49	2	00:37:00
<b>Total</b>	<b>85</b>	<b>04:31:52</b>	<b>26</b>	<b>09:29:21</b>

Topic	Vid Count	Duration	Courses	Duration
Security Awareness	45	02:18:39	17	05:49:00
Threat Actors	23	01:09:32	7	02:34:00
CUI / PII	10	00:30:20	1	00:33:00
Compliance	7	00:33:21	1	00:33:21
<b>Total</b>	<b>85</b>	<b>04:31:52</b>	<b>26</b>	<b>09:29:21</b>



<b>Title</b>	<b>Category</b>	<b>Duration</b>
Navigate Cybersecurity Learning Campaigns	Security Awareness	01:40
Why Am I Taking Cybersecurity Training?	Security Awareness	01:31
Password Management Introduction	Passwords & Authentication	01:19
Why is Password Management So Important?	Passwords & Authentication	02:42
Understand How Passwords are Compromised	Passwords & Authentication	03:15
What Makes a Weak Password	Passwords & Authentication	03:02
What Makes a Strong Password	Passwords & Authentication	03:37
Password Managers: One Password to Rule Them All	Passwords & Authentication	01:32
Password Management: Final Tips	Passwords & Authentication	02:10
Introduction to Phishing	Phishing	03:33
What Is Email Phishing	Phishing	02:20
How to Identify Phishing Emails	Phishing	03:54
Unique Categories of Phishing	Phishing	03:32
Recognize Phishing Attempts in Other Media Types	Phishing	03:27
Recognize Phishing Techniques	Phishing	01:40
Combat Phishing Attempts for Organizations (Part 1)	Phishing	02:41
Combat Phishing Attempts for Organizations (Part 2)	Phishing	01:53
Combat Phishing Attempts for Organizations (Part 3)	Phishing	02:01
What is a BYOD Policy?	USB/Removable Media	02:32
BYOD Security Risks	USB/Removable Media	05:20
Explore BYOD Security Measures (Part I)	USB/Removable Media	03:11
Explore BYOD Security Measures (Part II)	USB/Removable Media	05:05
Pros and Cons of USB Drives	USB/Removable Media	04:19
Explore Policy Options for USB Drives	USB/Removable Media	04:39
Explore Guidelines for USB Drives in the Workplace (Part 1)	USB/Removable Media	02:47
Explore Guidelines for USB Drives in the Workplace (Part 2)	USB/Removable Media	03:35
Understand the Importance of Security Awareness Training	Security Awareness	02:12
Know Thy Enemy (Pyramid of Threats)	Security Awareness	03:19



Title	Category	Duration
Understand the Insider Threat	Insider Threat	02:19
Learn the Categories of Insider Threats	Insider Threat	01:59
Meet the Unintentional Insider	Insider Threat	01:50
Meet the Intentional Insider	Insider Threat	02:03
Recognize the Risks for Insider Threats	Insider Threat	04:23
Combat Insider Threats	Insider Threat	03:34
Introduction to Artificial Intelligence (AI) and Cybersecurity	Insider Threat	02:50
Understand AI Terminology	AI Security	06:06
Understand the Hazards of AI	AI Security	04:55
Be a Protector, Not a Product	Social Media	01:35
Understand Social Media Risks Part 1	Social Media	02:25
Understand Social Media Risks Part 2	Social Media	02:50
Minimize Social Media Risks	Social Media	03:23
What is Cloud Computing	Social Media	04:01
Ensuring the Security of Software as a Service	Social Media	03:35
GDPR Basics Rights and Responsibilities	GDPR	05:29
GDPR Terminology	GDPR	04:09
Key Principles of GDPR	GDPR	04:34
Rights of GDPR Data Subjects Part 1	GDPR	05:35
Rights of GDPR Data Subjects Part 2	GDPR	04:42
GDPR Responsibilities of Organizations	GDPR	07:38
GDPR Conclusion	GDPR	01:14
Lock up the Backdoor of Remote Work	Remote Work	02:44
Ensure a Secure Network for Remote Work	Remote Work	04:16
Manage Devices for a Safe Remote Work Environment	Remote Work	03:44
Work Remotely with Confidence and Security	Remote Work	04:12
Identify the Types of Malware Part 1	Malware	04:42
Identify the Types of Malware Part 2	Malware	03:45
Defend Against External Threats Containing Malware	Malware	04:28
Stay Vigilant About Internal Threats Leading to Malware	Malware	02:46



<b>Title</b>	<b>Category</b>	<b>Duration</b>
Understand Effective Email Protection	Email	02:44
Understand Effective Password Policies	Email	02:17
Design Effective Physical Security for Organizations	Email	01:57
Understand Effective Password Policies	Passwords & Authentication	02:17
Understand Effective Email Protection	Passwords & Authentication	02:44
Design Effective Physical Security for Organizations	Passwords & Authentication	01:57
Practice Wireless Network Security	Network Security	04:01
Explore Basic and Advanced Client/Server Security	Network Security	02:20
Understand Essential Perimeter Security Components	Network Security	02:10
Understand IT Life Cycle and Patch Management	Network Security	02:18
Cybersecurity 101: Prepare For the Worst	Network Security	03:38
Introduction to the Ransomware Series	Ransomware	01:59
What Is Ransomware and How Is It Delivered?	Ransomware	03:55
Understand Who Sends Out Ransomware and Why	Ransomware	03:18
Identify Ransomware Phishing Emails	Ransomware	03:16
Identify Other Ransomware Vectors	Ransomware	02:46
Ways to Defend Against Ransomware (Part I)	Ransomware	03:43
Ways to Defend Against Ransomware (Part II)	Ransomware	03:50
??Introduction to Controlled Unclassified Information (CUI) Management	CUI	02:55
ISOO and DoD CUI: The Pillars of Protection	CUI	02:27
Explore Types of CUI	CUI	02:32
Get to Know Fundamental CUI Handling Principles and Stages (Part 1)	CUI	03:45
Get to Know Fundamental CUI Handling Principles and Stages (Part 2)	CUI	04:25
Comply with DoD Essential CUI Marking Guidelines	CUI	02:09
Safeguarding CUI: Comply with DoD Dissemination Controls and Markings	CUI	01:48
Simplify Portion Markings for CUI	CUI	01:42
Final Tips for CUI Handling	CUI	04:25