



CERTIFIED SECURE COMPUTER USER COURSE

Prepared By (CTO) SYNTHOQUEST

45 Days Duration

Duration: 45 days × 2 hrs/day = 90 hrs

Goal: Equip users with the knowledge, skills, and best practices to secure personal and organizational computing environments from common cyber threats.

Core Domains

1. Introduction to Cybersecurity (10%)

- Overview of cybersecurity and its importance
- Common cyber threats: malware, phishing, ransomware, social engineering
- Cyber hygiene principles

2. Operating System & Application Security (15%)

- Secure OS usage: Windows, macOS, Linux
- Patch management, updates, and secure configuration
- Safe use of applications and software installation best practices

3. Internet & Network Security (15%)

- Safe browsing practices and avoiding malicious websites
- Secure Wi-Fi usage and network best practices
- VPNs, proxies, and secure remote access

4. Password & Authentication Security (15%)

- Strong password creation, password managers
- Multi-factor authentication (MFA)
- Avoiding credential reuse and phishing attacks

5. Email & Social Media Security (15%)

- Recognizing phishing, spam, and social engineering attacks
- Safe attachment handling and links verification
- Privacy settings on social media and communication tools

6. Malware, Ransomware & Threat Protection (15%)

- Antivirus/anti-malware tools and scanning
- Safe download and removable media practices
- Backup strategies and data protection

7. Mobile Device & Cloud Security (10%)

- Mobile OS security, app permissions, and secure downloads
- Cloud storage security and data encryption
- Safe file sharing and collaboration practices

8. Incident Response & Safe Practices (5%)

- Identifying and reporting security incidents
- Immediate steps on potential compromise
- Cybersecurity awareness culture and best practices

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