CYBERSECURITY MONTH: BE CYBER SMART

By Kellie Hale

"Our Nation is under a constant and ever-increasing threat from malicious cyber actors. Ransomware attacks have disrupted hospitals, schools, police departments, fuel pipelines, food suppliers, and small businesses — delaying essential services and putting the lives and livelihoods of Americans at risk. Any disruption, corruption, or dysfunction of our vital infrastructure can have a debilitating effect on national and economic security, public health, and our everyday safety."
– President Joe Biden, a Proclamation on Cybersecurity Awareness Month, 2021

October is Cybersecurity Awareness Month. President Biden signed a proclamation designating the month of October as a "time for public and private sectors to work together to continue raising awareness about the importance of cybersecurity and equip the public with the resources they need to be safer and more secure online." There are currently several events, social media engagements, and other outreach opportunities to learn more about staying safe online.

While October may be Cybersecurity Awareness Month, one can incorporate these activities any time of the year.
- To protect your accounts from getting hacked, implement multi-factor authentication. This will make your accounts 99% less likely to get hacked.
- Be sure to update your software regularly. It is okay to turn on automatic updates.
- Always think before you click. Many cyber-attacks start with phishing emails. Never click on links or downloads that don't look familiar to you.
- Create strong passwords that are also unique.

Resources:
https://www.cmu.edu/iso/aware/ncsam/index.html
https://www.cisa.gov/cybersecurity-awareness-month
https://www.metacompliance.com/resources/cyber-security-awareness-month/
https://www.cyberdegrees.org/listings/washington/
https://www.coehsem.com/wp-content/uploads/2021/10/Career-Pathway-Resource-Guide_updated.pdf (under Cybersecurity bookmark in left menu)

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PUBLICATION CREDIT

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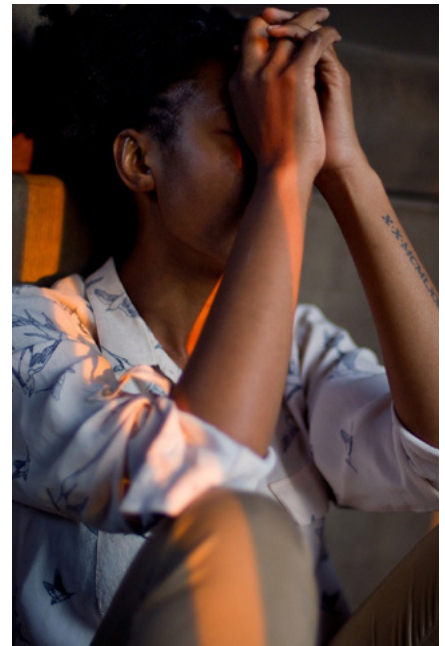Deb Moller, Contributing Writer
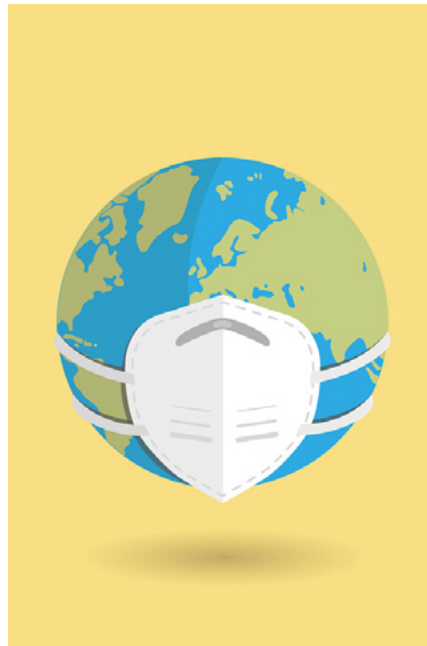Nancy Aird, Contributing Writer

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COVID-19 & Jobs: A Year Later

By Kellie Hale

For women, job burnout has become a reality. The rate of job burnout is rising much faster among women compared to men. It has been reported that 42% of women feel burnout, while men are reported at 35% of feeling burnout. This gap has doubled since last year on reported job burnout (32% of women and 27% of men).

"A few months into the pandemic, one in four women said they had considered downshifting their careers or leaving the workforce for a year." What is worse is now that number has jumped, with one in three women saying they are considering downshifting in careers. Why is this happening? Why are women feeling more pressured to step back in their careers?

The COVID-19 pandemic took a toll on employees and the workforce. Millions ended up losing their jobs, while others had to shift to working from home. It was a hard transition, and people ended up putting in more hours working from home than they initially did before the pandemic hit. Unfortunately, for women in the workforce, the situation was even worse. When job layoffs occurred, women were hit harder than men. In addition, women had to take on more of the childcare responsibilities when daycare and schools closed. As a result, many of the women who left the workforce during the pandemic have not returned. Furthermore, women who have returned to the workforce have been unable to find jobs with the same status and pay they originally had before COVID-19.

One of the causes of job burnout in the workplace is the feeling of needing to be "on" all the time. Some women feel they have no flexibility to take time off from work. Or the time to step away from the computer. They think they have to be available to their supervisors and coworkers 24/7. For some reason, women tend to believe that to get ahead in the workforce, they have to put in longer hours than their male counterparts.

It does appear that companies are trying to fix the problems to decrease job burnout from employees. For example, some companies have incorporated mental health benefits, support for parents and caregivers, and offered more paid leave. However, burnout continues to increase among women. To help combat this specific issue, employers will need to take the time and effort to listen to what their employees have to say and incorporate creative solutions to decrease job burnout for female employees.

Source: https://money.com/job-burnout-women-men-pandemic/

CYBERSECURITY/COMPUTER APPRENTICESHIPS

By Nancy Aird

Currently WA is showing 9953 cybersecurity job openings. Do you have an interest protecting digital privacy and infrastructure? Check out the following categories: Security Provision, Protect & Defend, Operate & Maintain, Oversee & Govern, Analyze, or Collect &. Each of these broad categories link to further job descriptions in the Cyberseek (cyberseek.org) site linked from NIST (see below). Local employers, educators, students, workers, policy makers, and other stakeholders can gain information from this site.
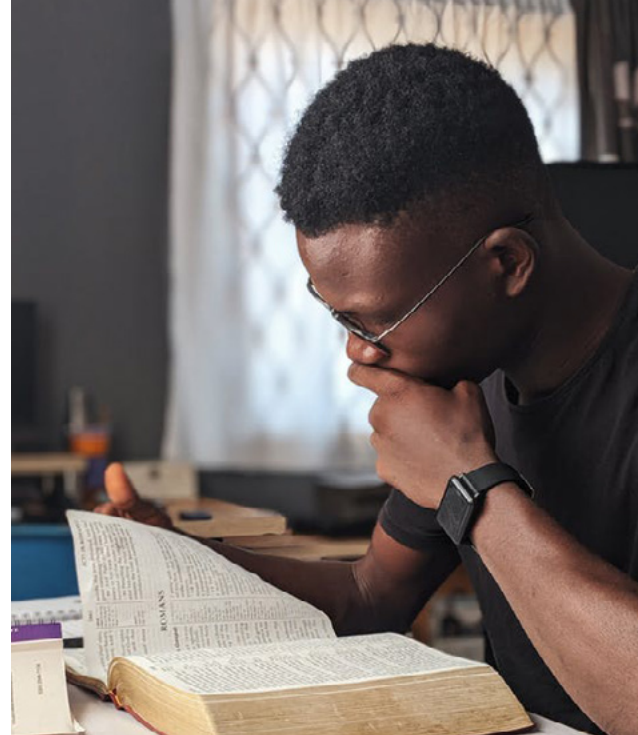
WA DEPARTMENT OF LABOR & INDUSTRIES (https://secure.lni. wa.gov/arts-public/#/program-search) has created this search program to locate apprenticeship programs registered in Washington State. ARTS (Apprenticeship Registration & Tracking) tool looks up programs by county and occupation, information on registering a program, and search site for apprentices to learn their current apprenticeship status for jobs.

COMPUTING FOR ALL PRE-APPRENTICESHIP PROGRAM (computingforall.org) Pre-apprenticeship programs or services help prepare individuals to enter and succeed in a Registered Apprenticeship program.

ACTiV – Accelerated Career Training and Innovation (http://www. goactiv.org/) combines on-the-job training with related classroom instruction in software development under journey-level or trade professionals. Company is expanding program into cybersecurity and system administration.

APPRENTI (https://apprenticareers.org) is a tech intermediary for the US Dept. of Labor. Apprenti is actively recruiting women, diverse ethnic candidates, and veterans for the tech industry – although anyone is encouraged to apply. Opening steps for this company are: take a competency assessment, be at least 18 years old and eligible to work in US for duration of the program. Applicants who pass the test will be informed when apprenticeship opportunities are available.

NIST –NATIONAL INSTITUTE OF STANDARDS AND TECHNOLOGY (nst.gov) Cybersecurity has over 50 work roles with skills needed from diverse range of backgrounds. This government site has tools to help explore options for jobs and lists of FREE/LOW COST online cybersecurity learning content. Links went to CYBERSEEK – actionable data about supply and demand in the cyber job market. Cybersecurity Career Pathways Tool shows career pathways from common transition opportunities, detailed information about salaries, credentials, and skillsets associated with each role.

Dr. Amelia Phillips

By Deb Moller

Many of us will say, "It isn't rocket science!" to point out when a problem is laughingly easy compared to getting a rocket into space. But if you want to know more about what is rocket science, you might want to ask Amelia Phillips. After all, she earned a Bachelor of Science degree from MIT in Aeronautical and Astronautical Engineering. She also worked for the Jet Propulsion Lab. She knows rocket science.

For the last twenty years, Amelia has been a tenured faculty member designing and delivering programs in computer information systems, digital forensics, and cybersecurity at Highline College. She holds a Ph. D in computer security. Amelia understands the ways our computer use relates to mitigation, preparedness, response and resilience in homeland security and emergency management. Anyone thinking of a role in emergency management would benefit from talking with her.

But even if you have no interest in rocket science or computer security, Amelia can offer insights into how to do other things.

Do you want to start a fencing club in a small rural town, sell real estate in a huge city, or manage a rock band? Talk to Amelia. Are you interested in raising your SAT scores by two hundred points in six months, earning two bachelor's degrees from MIT, or becoming a Fulbright scholar? Talk to Amelia. Do you wonder how to live with the death of your mother before you reached your teenage years, an onslaught of losses before you became an adult, a storehouse of anger from all that has happened? Talk to Amelia. Are you considering living in a place where hardly anyone looks like you, teaching in an African nation where little is familiar, or writing a definitive textbook (now on the seventh edition) because the field you are in is new and no one has done it yet? Talk to Amelia.

And if you want to know more about how to conduct quality control in a backpack factory or create effective systems of accounting and operations for a roofing company, she can help with those things, too.

If you're a person whose career path has been anything but straight or smooth, if your choices have sometimes left others scratching their heads, you and Amelia would definitely have stories to share.

Trouble is, she is going to be too busy to talk to everyone who could benefit from her insights. She'll be working hard on her book about her childhood. It will offer lessons she learned from her early losses that she hopes will help others avoid letting similar obstacles get in their way.

But since you won't have the pleasure of asking this amazing woman everything you might like to, let's at least make sure that anyone thinking of going into the homeland security/emergency management can benefit from her advice. Her guidance for students considering the field. Take a couple of courses, talk to faculty, see what catches your attention. Realize money will not get you out of bed in the morning. Most of all, find what sparks your interest and your enjoyment. See? It isn't rocket science.

View Dr. Phillips program at: https://cis.highline.edu

ABOUT DEB MOLLER

Before joining the Center as a Senior Fellow, Deb Moller was the former public-private partnerships manager at the Oregon Office of Emergency Management. Her experience also includes twenty years of designing and managing adult education and job training programs for marginalized populations.

She is the author of "*Get Ready - How to Prepare For and Stay Safe After a Pacific Northwest Earthquake.*"

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possibilities. realized.

YOUR JOB & CAREER CONNECTIONS

We are your Career Center, open to students, alumni, staff, faculty, and community for staff assisted and self-directed services. **We are currently serving individuals remotely and in limited capacity at Fort Steilacoom and Puyallup. We continue to be available by email or phone.** Contact information can be found in our Staff Directory on the next page.

Welcome to Fall 2021!

Welcome all new and returning students, faculty and staff to Fall 2021! In our newsletters you will find information on free services and resources available to students and community members. Watch for future editions of our newsletters in your email or on the Pierce College Workforce website. Past editions can also be found on the Pierce College Website at https://www.pierce.ctc.edu/workforce-connections.

Did You Know - you may be eligible for assistance through Pierce College Workforce Programs?

The Workforce department and its partners can assist with accessing and navigating campus and community resources which may include finding help with funding for tuition and books, housing, applying for financial aid, job search, childcare and more.

Below is a guide to our Workforce programs.

- **BFET (Basic Food Employment & Training)** Supports students receiving SNAP benefits who are enrolled in transitional education, a certificate program, or certain associate degree programs.
- **WorkFirst** Supports students who are parents of young children, receiving TANF (Cash Assistance), and are enrolled in certain professional/technical programs.
- **Worker Retraining** Supports students who currently receive or have received unemployment benefits in the past 48 months, about to or have separated from the military in the past 48 months, a displaced homemaker, formerly self-employed or meet other eligibility requirements and are enrolled in a professional/technical program.
- **Opportunity Grant** Supports students who are low-income (per FAFSA) who are enrolled in certain professional/technical programs.
- **Job and Career Connections** is Pierce College's Career Center. It supports students, alumni, staff, faculty, and community members who may be looking for work, including fulltime, part time, work study, internship, or volunteer opportunities. We also help those who need job search resources, career exploration, or a resume or cover letter reviewed among other support services.

Not sure where to start? Complete the Start Next Quarter survey www.startnextquarter.org to find out if you may be eligible for one or more of the Workforce programs.

Need Help Now?

Pierce Advocacy & Resource Connections (PARC)

Check out the Pierce Advocacy and Resource Connections on Pierce College's main landing page to connect students, alumni, staff, and community members to resources offered on campus and in the community.

> **Funding Eligibility: *Start Next Quarter*** online survey *www.startnextquarter.org, identifies possible funding sources for degrees or certificates.*
> **Jobs, Work Study, & Internships:** *PC Job Connect*
> **Pierce College Job & Career Connections Facebook:**
> www.facebook.com/groups/1151589171538211/

Metropolitan Development Council (MDC)

MDC is a community-based organization located in downtown Tacoma that serves all of Pierce County. MDC can provide education support and assistance for any student or community member with:

- ✓ FAFSA/WASFA applications
- ✓ College/University applications and admissions, including fees*
- ✓ Referral(s) to other MDC programs and community resources
- ✓ Identification of a career path (Virtual Job Shadow)
- ✓ Scholarships
- ✓ Student Loans and Loan Defaults
- ✓ GED Testing including official exams and study material expenses* and online account setup
- ✓ Financial Literacy
  *Dependent upon TRIO-EOC grant income guidelines

For further information please contact Eleni Palmisano, MDC Coordinator at 253-722-3429 or epalmisano@pierce.ctc.edu.

Explore Your Career Options with the new *WOIS Career Planner*

Create your WOIS Career Planner account to explore career pathways, occupation outlook, learn about your personal work style and interests, discover educational programs, and track progress along your career pathway. Assessments look at possible career matches, include a reality check to see how the pathway aligns with your lifestyle, and allows you to compare schools and universities.

New Student User
Step 1: Create an account using your Pierce College student email (@smail.pcd.edu)* account. WOIS Create an Account!

*Student email set up instructions: https://www.pierce.ctc.edu/student-email

Step 2: Check your Pierce College email from schooldata.net with instructions for setting your password. If you don't see the email, check your junk email.

Step 3: Go to the main WOIS Log in Page and Login with your Pierce College email address and the password you created.

Staff/Faculty needing an account, email JCC@pierce.ctc.edu

Returning WOIS Career Planner User: Log in to WOIS Log in Page

The 2022-23 FAFSA and WAFSA Applications Are Now Available!

In Washington there are two different types of applications:

- FAFSA (Free Application for Federal Student Aid) if you are a U.S. citizen or eligible non-citizen www.fafsa.gov OR
- WASFA (WA Application for State Financial Aid) if not eligible to complete a FAFSA due to immigration status, defaulted student loans or other issues with federal aid www.wsac.wa.gov/wasfa

Both require income and tax return information (if applicable) from 2020 from both student and possibly parent, depending on dependency status.

For further information or assistance please contact Eleni Palmisano, MDC Coordinator at 253-722-3429 or epalmisano@pierce.ctc.edu.

For more of Pierce College's newsletters, visit: https://www.pierce.ctc.edu/workforce-connections