



METROPOLITAN YMCA
CONTINUING EDUCATION & ENRICHMENT

and **AKO Labs**
Global Knowledge Local Content

Cybersecurity Awareness for Personal Well-being

Overview

This course offers practical insights into the latest cyber threats and vulnerabilities. You will learn comprehensive strategies and actionable steps to protect your personal data and devices from cyber threats and become more cyber-resilient.

By the end of the course, you will be empowered with the skills and understanding to mitigate cybersecurity risks effectively.

Learning Outcomes

- Identify potential risks and threats associated with cybersecurity
- Protect personal information from cyber security threats

Who should attend

This course is suitable for

- System administrators
- Managers
- Information security officers
- Professionals who require a basic understanding of cybersecurity awareness
- Those who are interested in understanding cybersecurity risk and threats and know how to protect personal information from cybersecurity attacks

Course Details

Delivery Mode

29 Dec 2023 - 26 Jan 2024
120 minutes self-paced
e-learning online
(10 lessons)

27 Jan 2024, Saturday,
10.30am - 12.00pm.
90 minutes virtual training
online

Mode of Assessment

20 multiple choice questions

Certificate will be awarded upon course completion and passing the assessment.

Medium of Instruction

English

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For enquiries, visit www.mymca.org or email to cee@mymca.org