



# Reducing the Risk of a Cyber Attack in Higher Education

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# IT & Cyber Security Services

Information Security offered as specialized service offering for over 25 years

- Penetration Testing and Vulnerability Assessment
  - Black Box, Red Team, Infrastructure, Applications, Social Engineering, and Collaborative Assessments
- Incident response and forensics
- IT/Cyber risk, audit, readiness and compliance assessments
  - HIPAA, GLBA, FFIEC, NIST, CMMC, CIS, etc...
- PCI-DSS Readiness and Compliance Assessments
- HITRUST Assessments
- SOC Assessment and Reporting
- Business Risk Services
- Digital Transformation



# Our Panelists



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# Agenda and Learning Objectives

## Agenda

- Current Cybersecurity Trends
- Email Phishing and Credential Compromise
- Managing the Risk

## Learning Objectives

- Identify key risk factors surrounding today's cyber threat landscape
- Recognize how attackers plan and execute attacks such as phishing and password guessing
- Identify how to better defend yourself and your institution from becoming a victim of a cyberattack
- Recognize key strategies in creating secure passwords and improving overall security



# Polling Question 1:

Do currently have a documented risk assessment or information security program?

- a. Information Security Program
- b. Risk Assessment
- c. Both
- d. Neither





# Current Cybersecurity Landscape

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# Cybersecurity Landscape in 2021

- As a result of the pandemic, we have seen both traditional, and more commonly, nontraditional forms of hacking targeting all Industry sectors.
- COVID and the remote working transition continues to present challenges with most organization's cyber security strategy.
- Remote learning increases the "attack surface" as more resources are exposed online.



# Cybersecurity – What we learned in 2020

- As organizations continued to digitize and connect, they created an ecosystem that requires a security architecture adequate to protect beyond its physical buildings.
- A robust Information Governance Strategy is a key imperative – identify and protect your Crown Jewels, and purge unneeded information.
- Leadership needs to be aware of and manage its supply chain and vendors (Vendor Risk Management). A proactive Vendor Risk Management strategy is critical to minimizing the disruption of a companies supply chain.
- Organizations must educate and inform your board of directors and senior executives. You are an important advocate in funding your cybersecurity strategy.

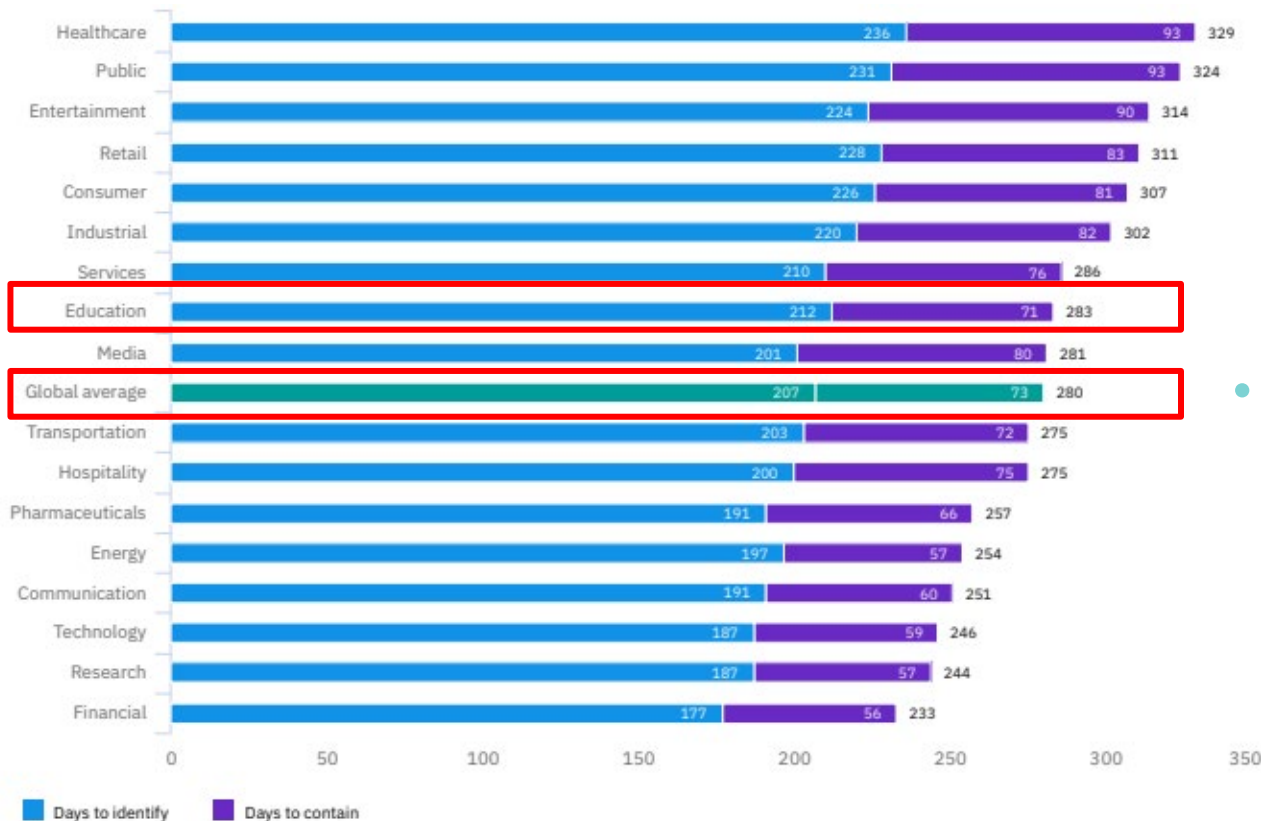


# Cybersecurity Data Breach- Cost by the numbers

- IBM's 2021 Cost of a Data Breach study conducted by the Ponemon Institute noted:
  - **\$3.79m**     **Average cost of a data breach in the Higher Education**
  - \$5.33m     Global average cost of breach enterprises > 25,000 employees
  - \$2.98m     Global average cost of breach organizations < 500 employees
  - +\$1.07m     Cost where remote workforce was a factor in causing the breach
  - 44%     Breaches that included records containing Customer PII
    - Average cost of \$180 per record
  - 38%     Portion of breach costs due to lost business



# Average Days to Identify and Contain a Data Breach

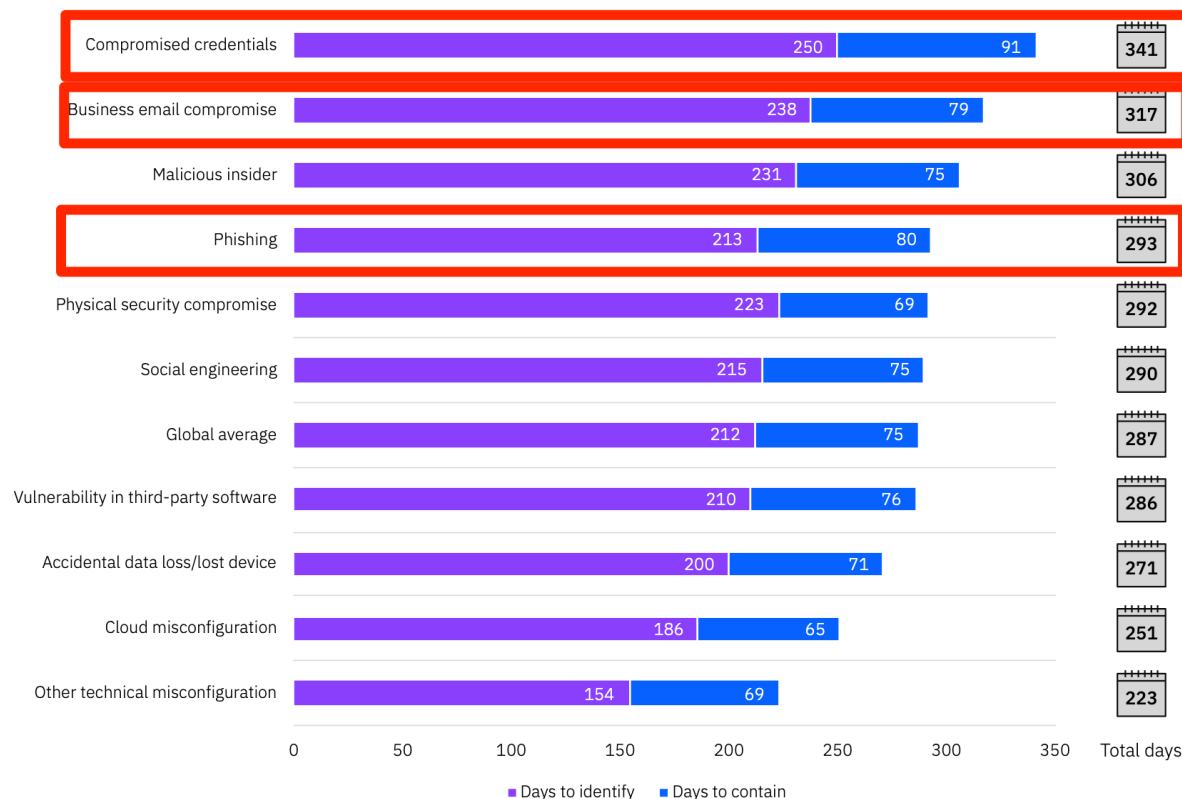


- Global average is 280 days
  - 207 days to identify a breach
  - 73 days to contain the attack

Source: IBM Security  
Cost of a Data Breach  
Report 2021



# How Long Does it Take to Identify and Contain?



Source: IBM Security  
Cost of a Data Breach  
Report 2021





# Social Engineering – Email Phishing

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# Social Engineering in Higher Education?

- Risk Factors:
  - Constantly changing “client base”
  - Access to financial information
  - Access to personally identifiable information
  - Multitude of scams
  - Public reporting requirements
  - Regulatory and compliance mandates



# Social Engineering

- Hacking the human
  - Simply put, Social Engineering is the exploitation of human nature
  - Psychological manipulation of people into performing actions or divulging confidential information
    - Pre-text Calls
    - Email Phishing
    - Manipulation of Physical Security
- Highest risk for these attacks?
  - New employees/New Students
  - Contractors – third parties
  - Executive assistants
  - “Multitaskers”

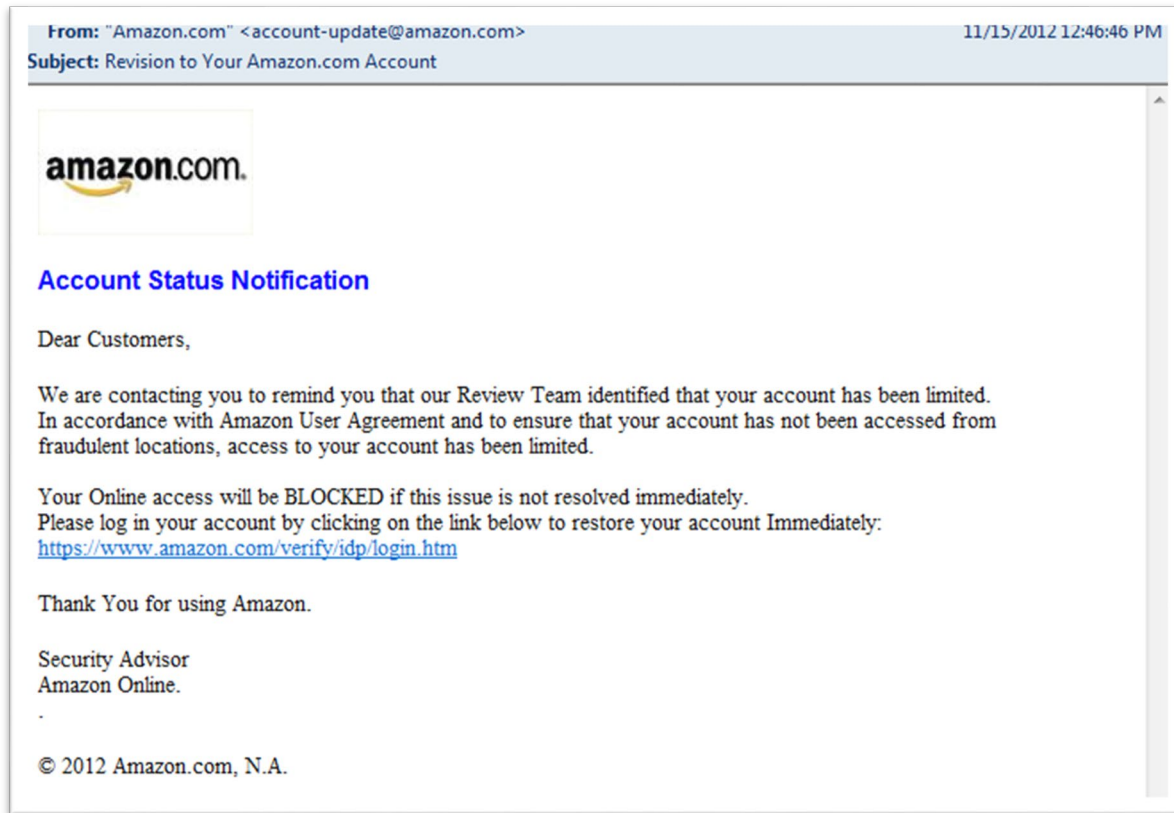


# It all starts with Information Gathering

- The ***information gathering*** process is critical. The internet can provide a host of information essential to performing a successful social engineering attack
- Google images
  - Facility access, entrances
  - Type of access control used
  - Employee information
- Social Media
- Previous Breaches
- Information is a dangerous weapon. Adds legitimacy where there is none

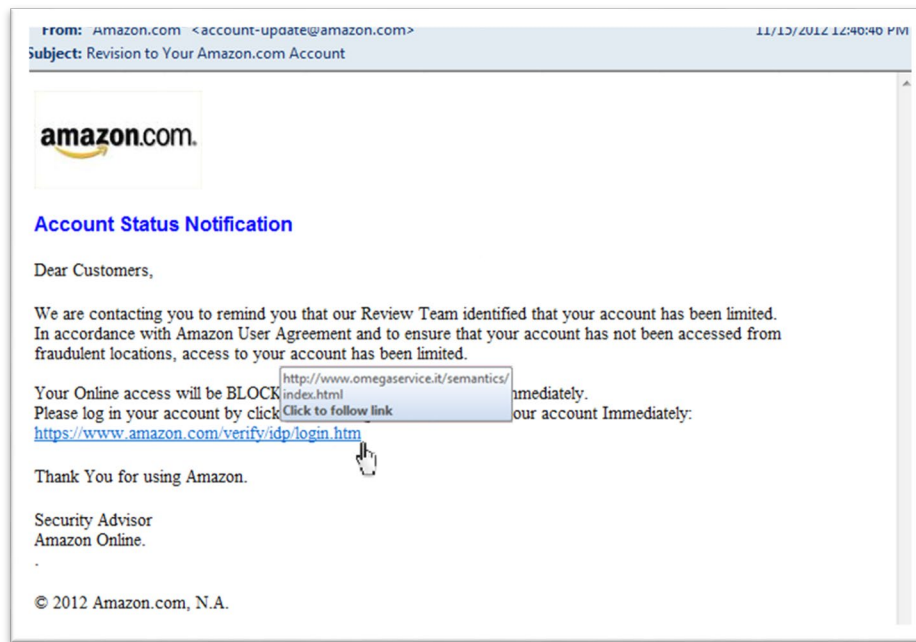


# Spotting a Malicious Link

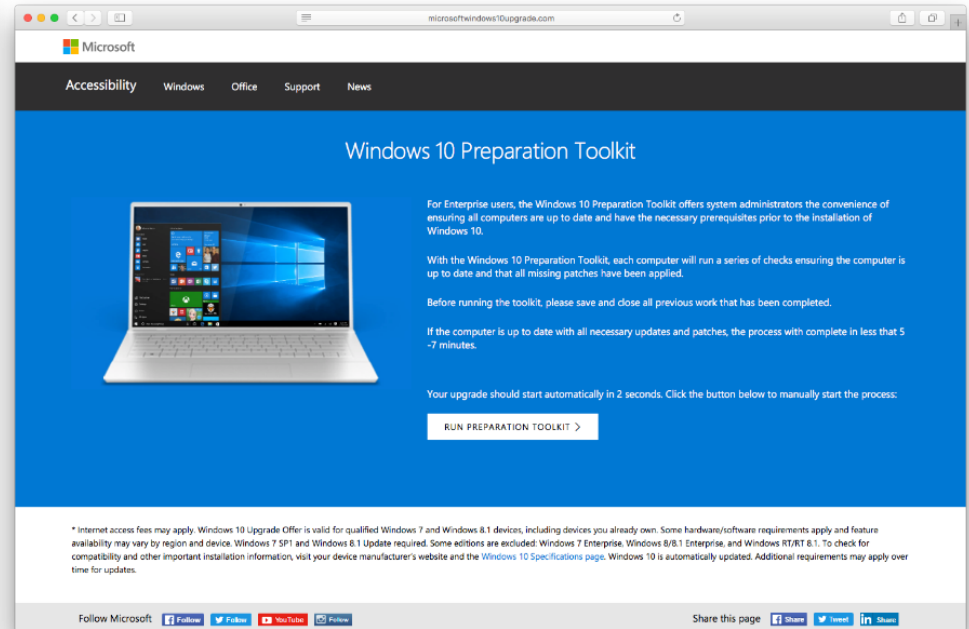
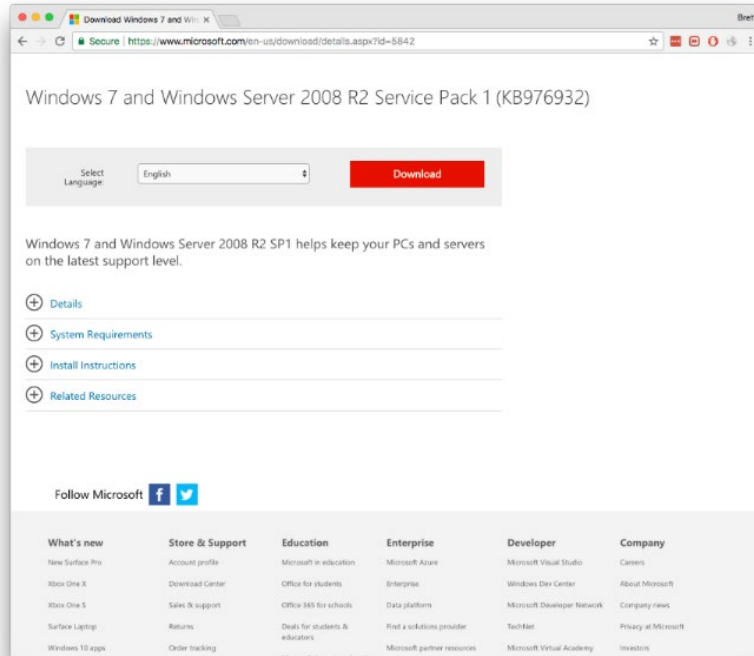


# Uncovering a Malicious Link

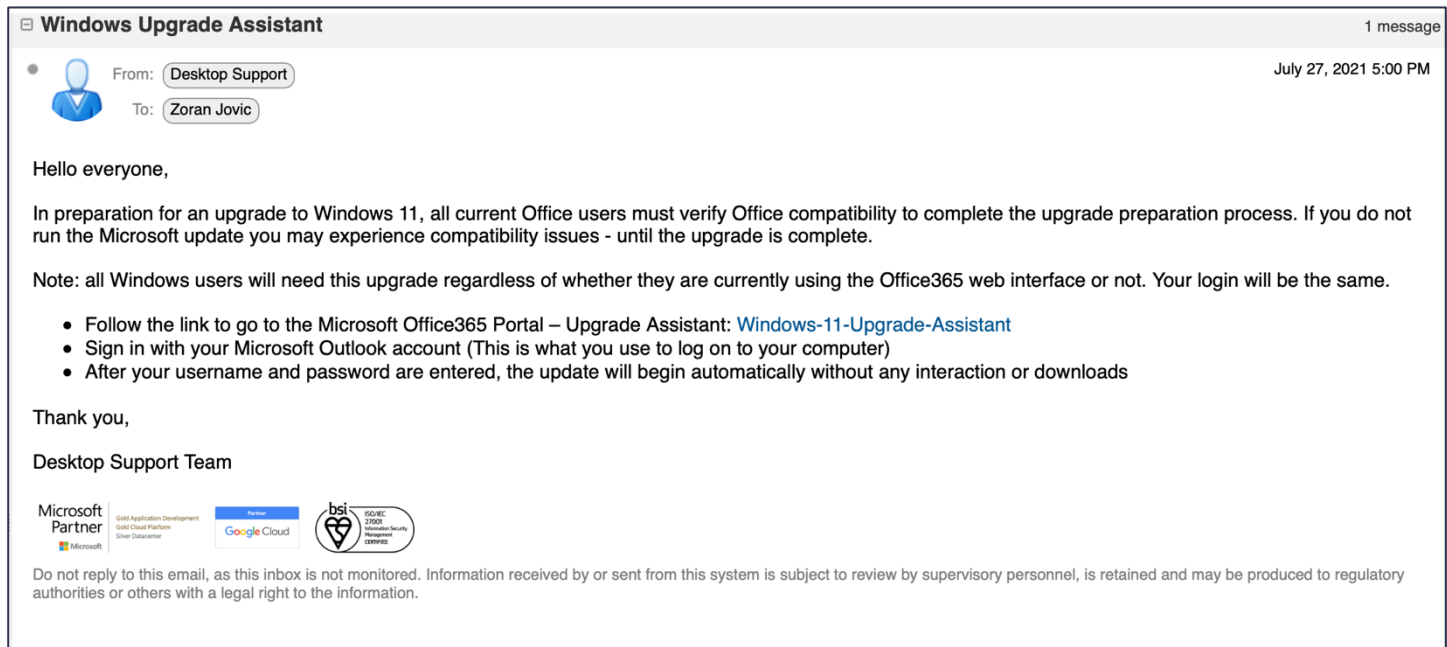
- Hovering over a link with your mouse will show the true path of the link.



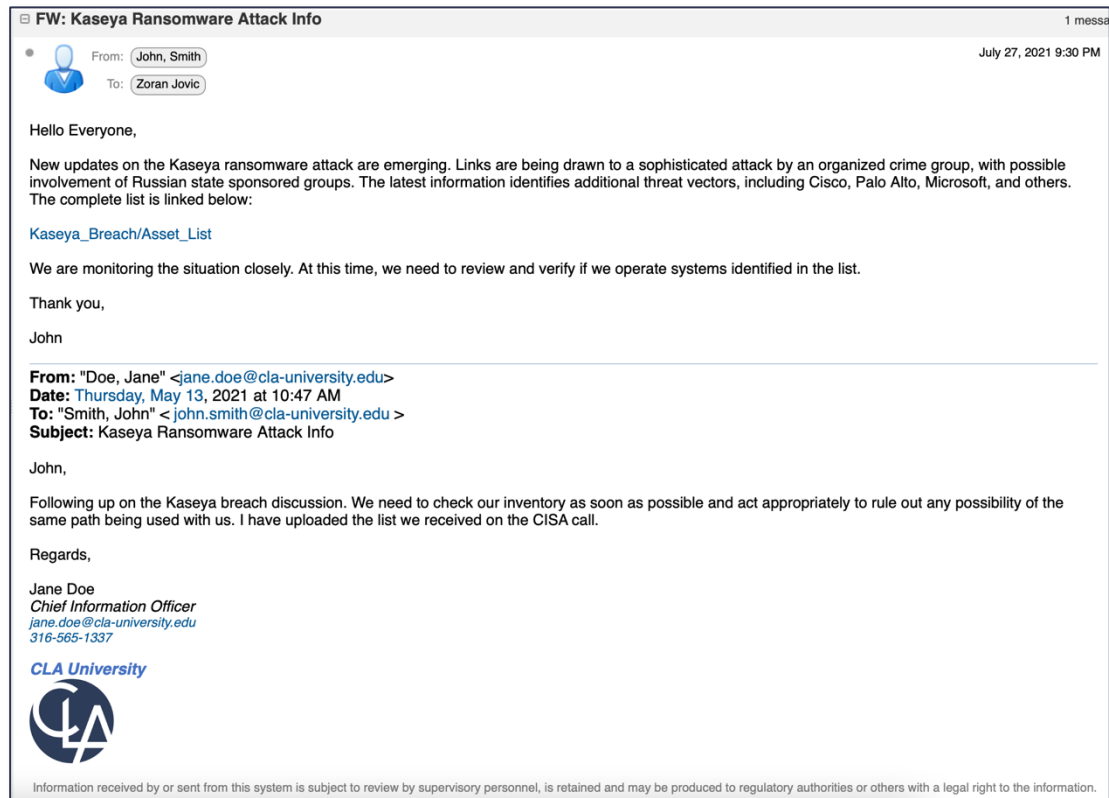
# Fake vs. Real



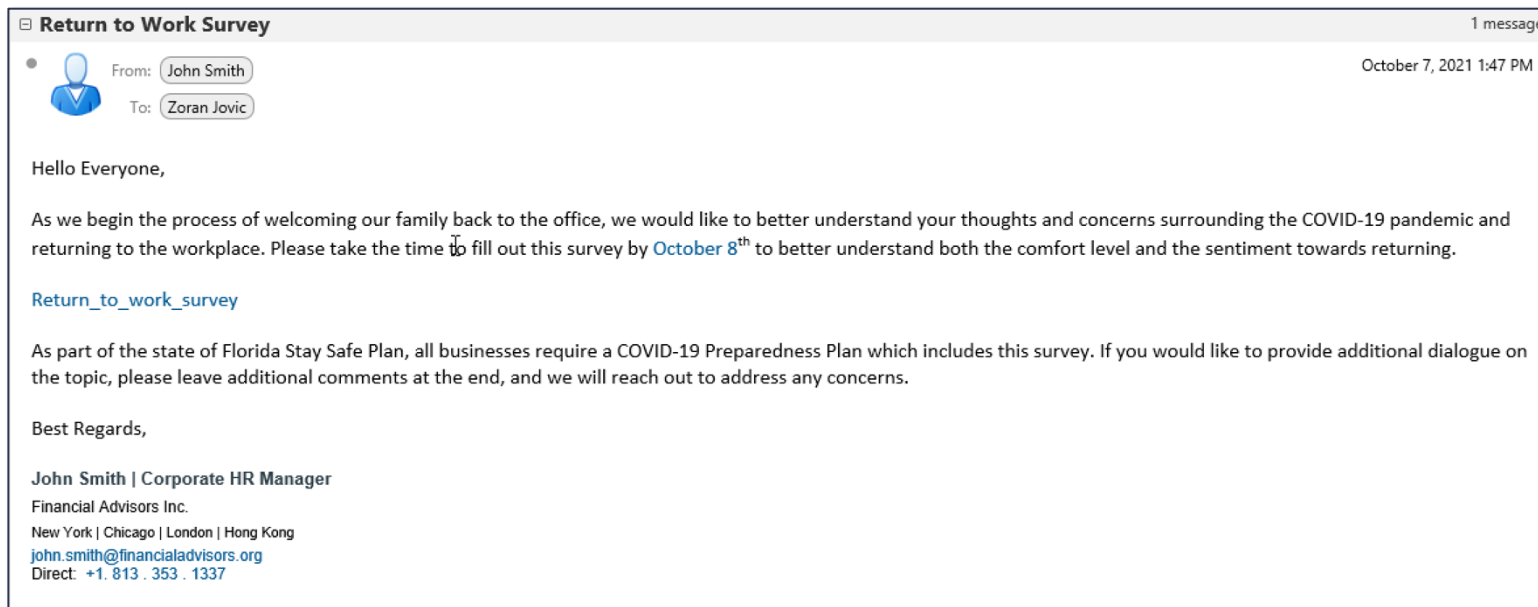
# Simple Phishing Email



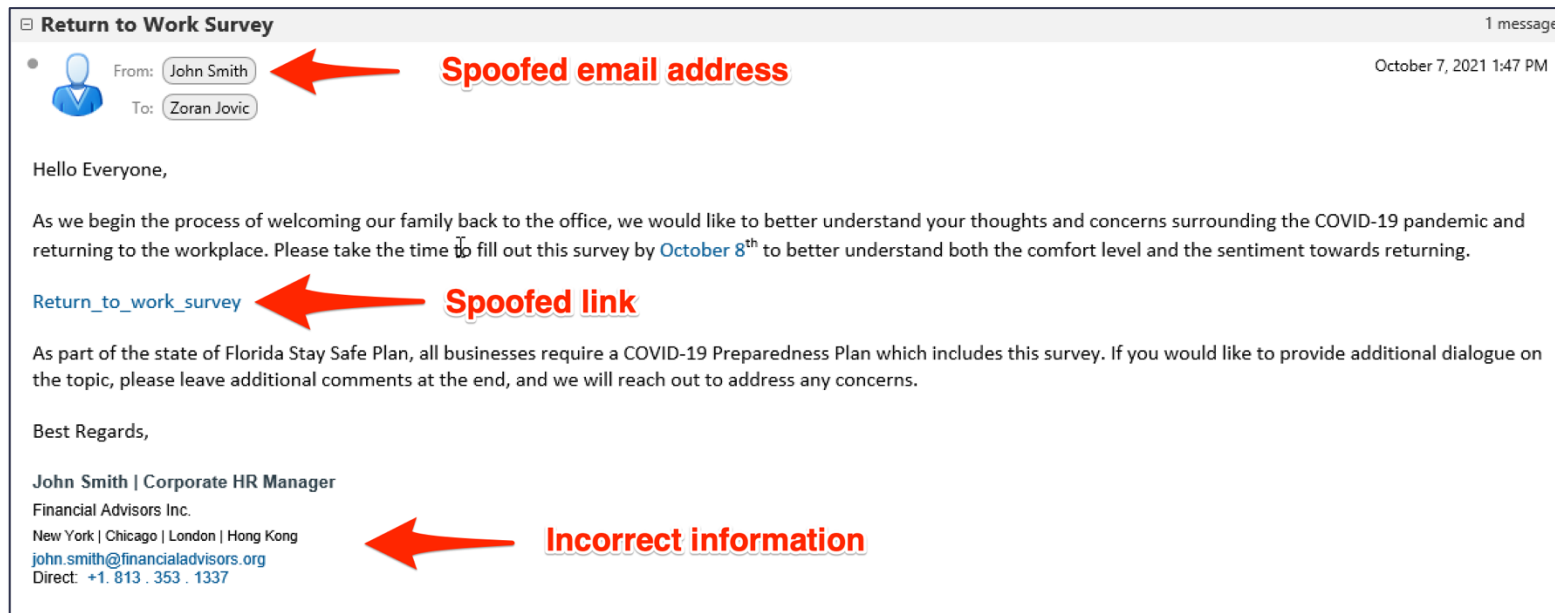
# Advanced Phishing Email



# Unfair Phishing Email



# Spoofed Links/Email



# Minimize the Risk of Phishing

## 1. Staff Security Awareness Program

- Don't trust links or attachments
- Ensure you are visiting the website you think you are visiting
- Don't browse the web/check email as an administrator
- If something looks odd... check it before you click it!

## 2. Technical Controls

- Filter emails and domains
- Implement email sandboxing
- Utilize Multi Factor Authentication (MFA/2FA)





# Credential Compromise

## Password Attacks

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# Password Guessing

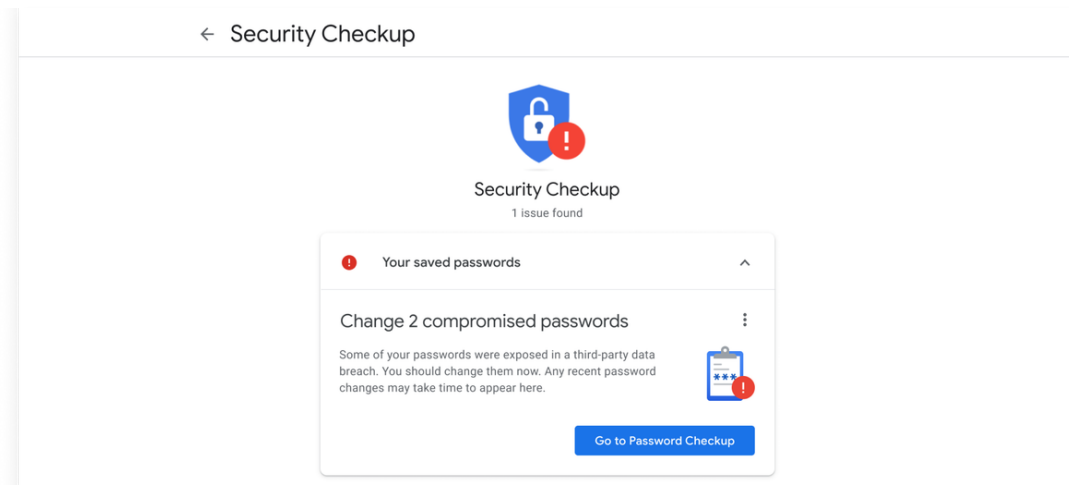
- Users choose predictable passwords
  - “Seasonal Defective Password Disorder”: *Summer2021!*
  - Common substitutions: *P@ssw0rd*
  - Organization name: *CLAUniversity1*
- List of top passwords does not change much YoY

1. 123456
2. 123456789
3. picture1
4. password
5. 12345678
6. 111111
7. 123123
8. 12345
9. 1234567890
10. senha (which is the Portuguese for *password*)



# Password Reuse

- Same password being used across accounts
  - Often across personal and business email accounts
  - 44 million Microsoft users reused passwords in the first three months of 2019 \*



Source: Microsoft  
2019



## Polling Question 2:

Do currently have any accounts (social media, work, banking...) that share a password?

- a. Yes, sharing some passwords
- b. No, not sharing any passwords
- c. Only sharing passwords amongst work accounts
- d. Only sharing passwords amongst personal accounts



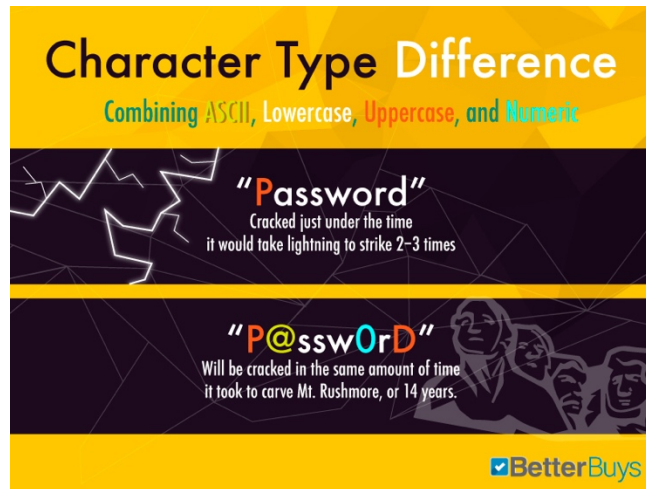
# Password Cracking

- Password Hash

- Passwords are stored in an encrypted format (Hash) - unique value for each password
  - *P@ssw0rD > DF3C25A62D926F27B08C6D6B8A9F02BA*

- Password Cracking

- Attackers must “decrypt” to get the password
  - *Guess > Compute Hash > Compare*



# 14 Years to Crack “P@ssw0rD”???

```
Dictionary cache hit:
* Filename..: /Users/[REDACTED]/Wordlists/rockyou.txt
* Passwords.: 48621253
* Bytes.....: 465243592
* Keyspace..: 48621253

df3c25a62d926f27b08c6d6b8a9f02ba:P@ssw0rD ← Cracked password

Session.....: hashcat
Status.....: Cracked
Hash.Name.....: NTLM
Hash.Target.....: df3c25a62d926f27b08c6d6b8a9f02ba
Time.Started.....: Thu Oct 7 13:46:36 2021 (1 sec)
Time.Estimated...: Thu Oct 7 13:46:37 2021 (0 secs)
Guess.Base.....: File (/Users/[REDACTED]/Wordlists/rockyou.txt)
Guess.Queue.....: 1/1 (100.00%)
Speed.#3.....: 14845.3 kH/s (1.62ms) @ Accel:1024 Loops:1 Thr:64 Vec:1
Recovered.....: 1/1 (100.00%) Digests
Progress.....: 3147333/48621253 (6.47%)
Rejected.....: 1605/3147333 (0.05%)
Restore.Point...: 2097282/48621253 (4.31%)
Restore.Sub.#3...: Salt:0 Amplifier:0-1 Iteration:0-1
Candidates.#3....: SABOR -> toilly2001

Started: Thu Oct 7 13:46:36 2021 ← Time required to crack
Stopped: Thu Oct 7 13:46:37 2021
```



# Steps to Mitigate Password Attacks

## 1. Use a long and strong password

- Minimum 14 characters with complexity \*\*\*
- Avoid using “bad words” ... CompanyName, SeasonYear, PetName...
- Use a “pass phrase” – had to guess, easy to remember

## 2. Use a unique password for each app/site

- Do not use work credentials as login for personal business

## 3. Use password security tools

- Password manager
- Multi-factor authentication (MFA/2FA)





# Controls to Mitigate the Risk

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# What can Leadership Do about Phishing?

1. Implement Security/Technical Controls
  - Reduce the likelihood of a user making a mistake
2. Implement a Continuous User Awareness Program
  - User susceptibility to phishing decreases over time
3. Inspect and Verify
  - Is your phishing training producing the desired results?
  - Simulate an attack and test your Incident Response
  - Perform a Risk Assessment



# What can Leadership Do about Passwords?

## 1. Implement and Enforce proper policies

- Minimum 14 characters with complexity
- Explicitly prohibit password reuse
- Implement password training during onboarding and on ongoing basis
  - All stakeholders must be included - students

## 2. Implement technical controls

- Tools can prevent users from choosing a compromised or easily guessable password
- Deploy password managers and MFA/2FA

## 3. Inspect and Verify

- Perform regular password audits





# Questions

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# Thank you!

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