

# Course information

**Upskill in Cyber is an intensive, 14-week programme, consisting of two high-quality training courses and two associated exams. You will be expected to commit 60+ hours of study time to each course, as well as attending soft skills development sessions and employer engagements, some of which will take place during weekday evenings. Upskill in Cyber is a significant time commitment, and you should be aware of the challenges and demands involved before applying.**

## Course Information

The Upskill in Cyber programme consists of two SANS cybersecurity training courses, SEC275: Foundations - Computers, Technology, and Security and SEC401: Security Essentials: Network, Endpoint, and Cloud.

### SEC275: Foundations - Computers, Technology, and Security

This course provides exactly what students need to go from zero technical and security knowledge to a level of sufficient theoretical understanding and applied practical skills that enables them to speak the same language as industry professionals. Students will then undertake the GFACT certification exam. Students will develop fundamental skills and knowledge in key IT subject areas, including:

- Computer Components & Concepts
- Operating Systems, Containers, & Virtualisation
- Linux

- Networking Fundamentals
- The Web: Search Engine & Servers
- Practical Programming in Python and C
- Windows Foundations
- Advanced Computer Hardware
- Encryption
- Introduction to Basic Security Concepts
- Introduction to Forensics
- Introduction to Reconnaissance, Exploitation, and Privilege Escalation
- Introduction to Network & Computer Infiltration

Full course information can be found here:  
**[sans.org/cyber-security-courses/foundations](https://sans.org/cyber-security-courses/foundations)**

## **SEC401: Security Essentials: Network, Endpoint, and Cloud**

Organisations are going to be targeted, so they must be prepared for eventual compromise. Today more than ever before, timely detection and response is critical. The longer an intruder is present in an environment, the more devastating and damaging the impact becomes. The most important question in information security may well be, “How quickly can we detect, respond, and remediate an attacker?”

SEC401 will provide the essential information, security skills and techniques needed to protect and secure critical information and technology assets, whether on-premises or in the cloud. SEC401 also shows students how to directly apply the concepts learned into a winning defensive strategy, all in the terms of the modern cyber threat.

Full course information can be found here:  
**[sans.org/cyber-security-courses/security-essentials-network-endpoint-cloud](https://sans.org/cyber-security-courses/security-essentials-network-endpoint-cloud)**

SEC275: Foundations - Computers, Technology, and Security will be delivered via OnDemand. You can choose whether to study SEC401: Security Essentials: Network, Endpoint, and Cloud either via **OnDemand** or by **LiveOnline**:

**On Demand:**

- Recorded instruction by top practitioners, viewable over six weeks to study at your own pace
- Repeatable hands-on labs, quizzes, and exercises to test your skills during the course
- Subject-Matter Expert support throughout your course
- Live chat with GIAC-Certified subject-matter expert support

**LiveOnline:**

- Live online instructor-led training delivered during one intensive week (fixed hours)
- Direct access to instructor in real-time
- Repeatable hands-on labs, quizzes, and exercises to test your skills during the course