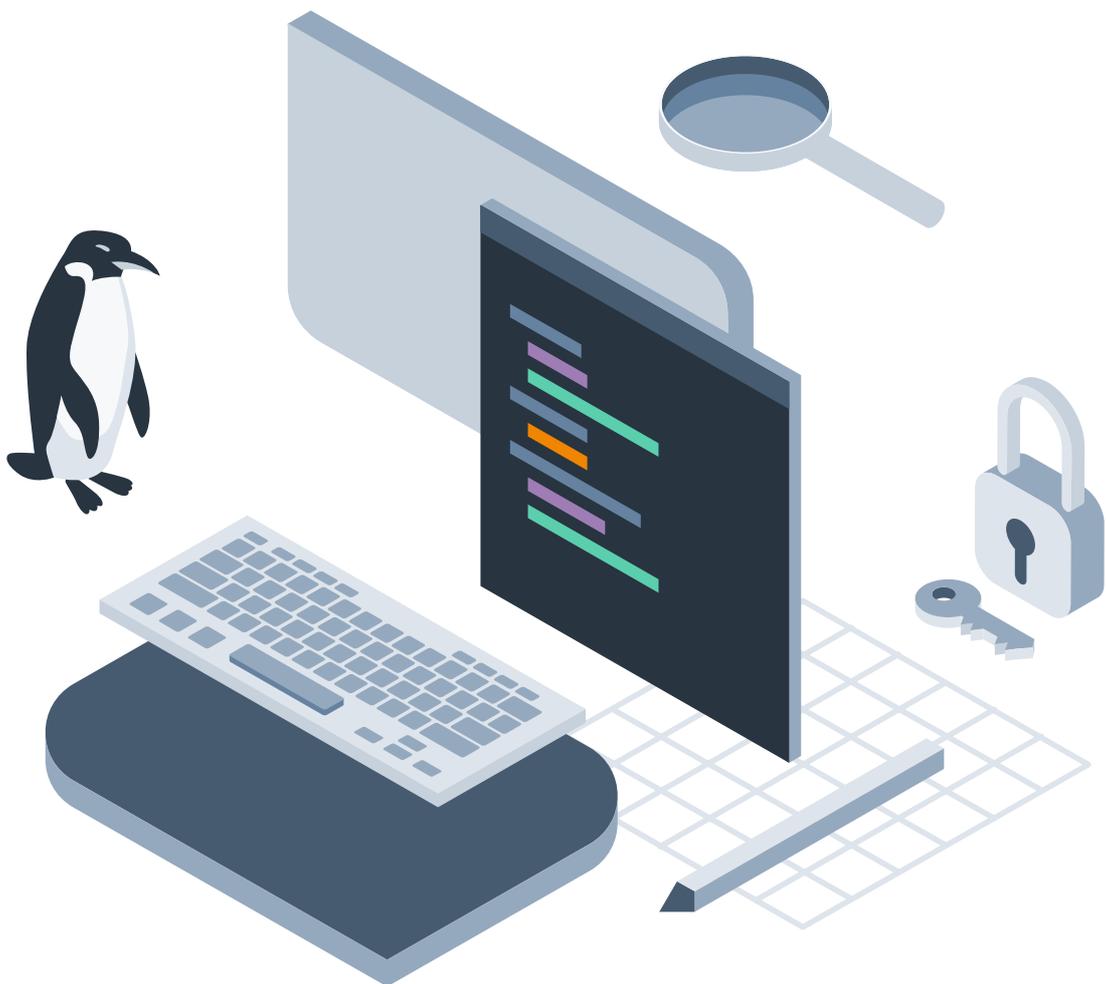


SANS

Foundations

# Computers, Technology & Security



**SANS Foundations is the best single course available to learn the core knowledge and develop practical skills in computers, technology, and security fundamentals that are needed to kickstart a career in cybersecurity.**

### **What is the SANS Foundations course?**

The course features a comprehensive variety of innovative, hands-on labs, and practical exercises that go far beyond what is offered in any other foundational course in cybersecurity. These labs are developed by leading subject-matter experts, drawing on the latest technology, techniques, and concepts in cybersecurity.

The course provides students with the practical learning and key skills to empower future cybersecurity learning and professional development.

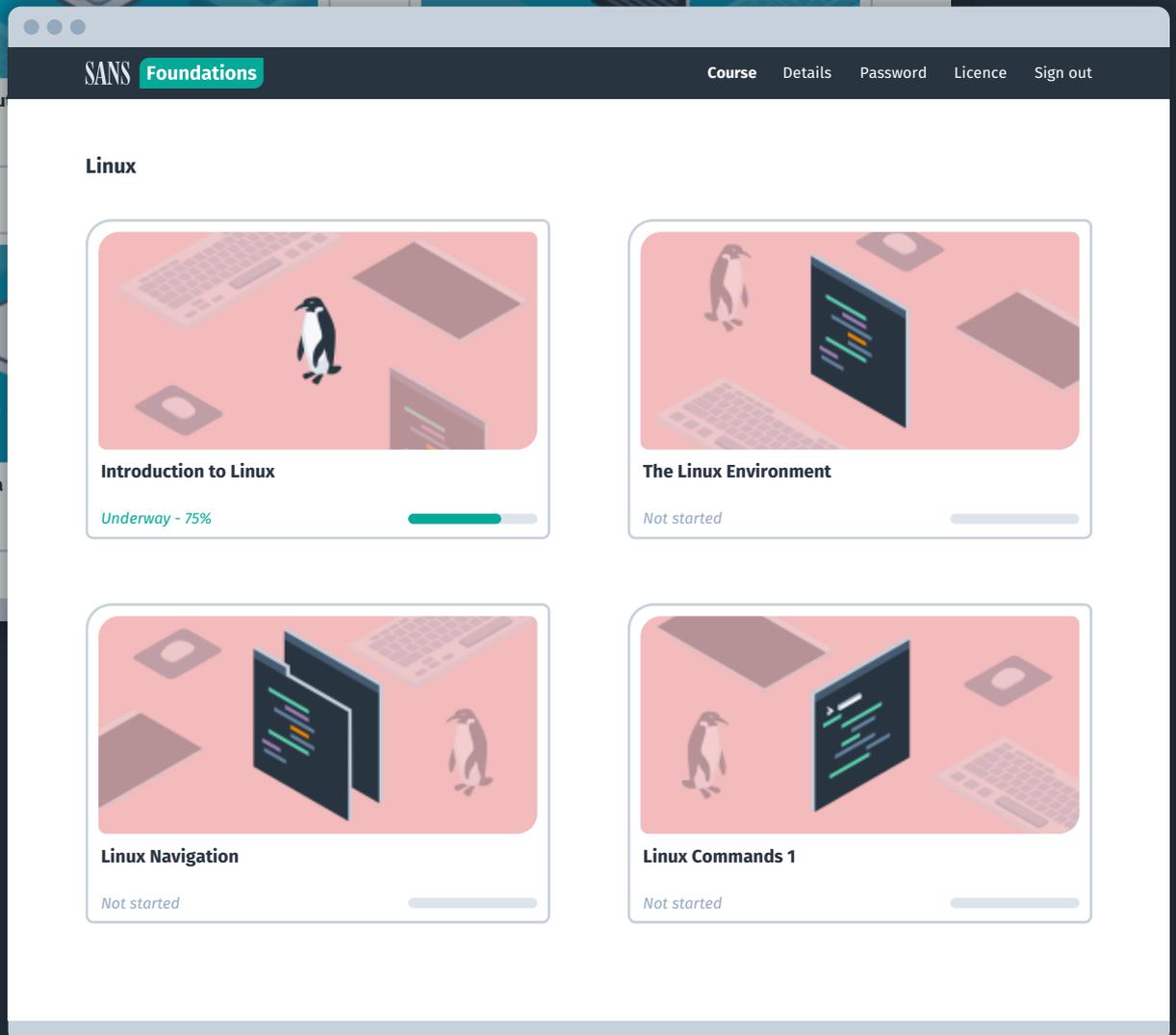
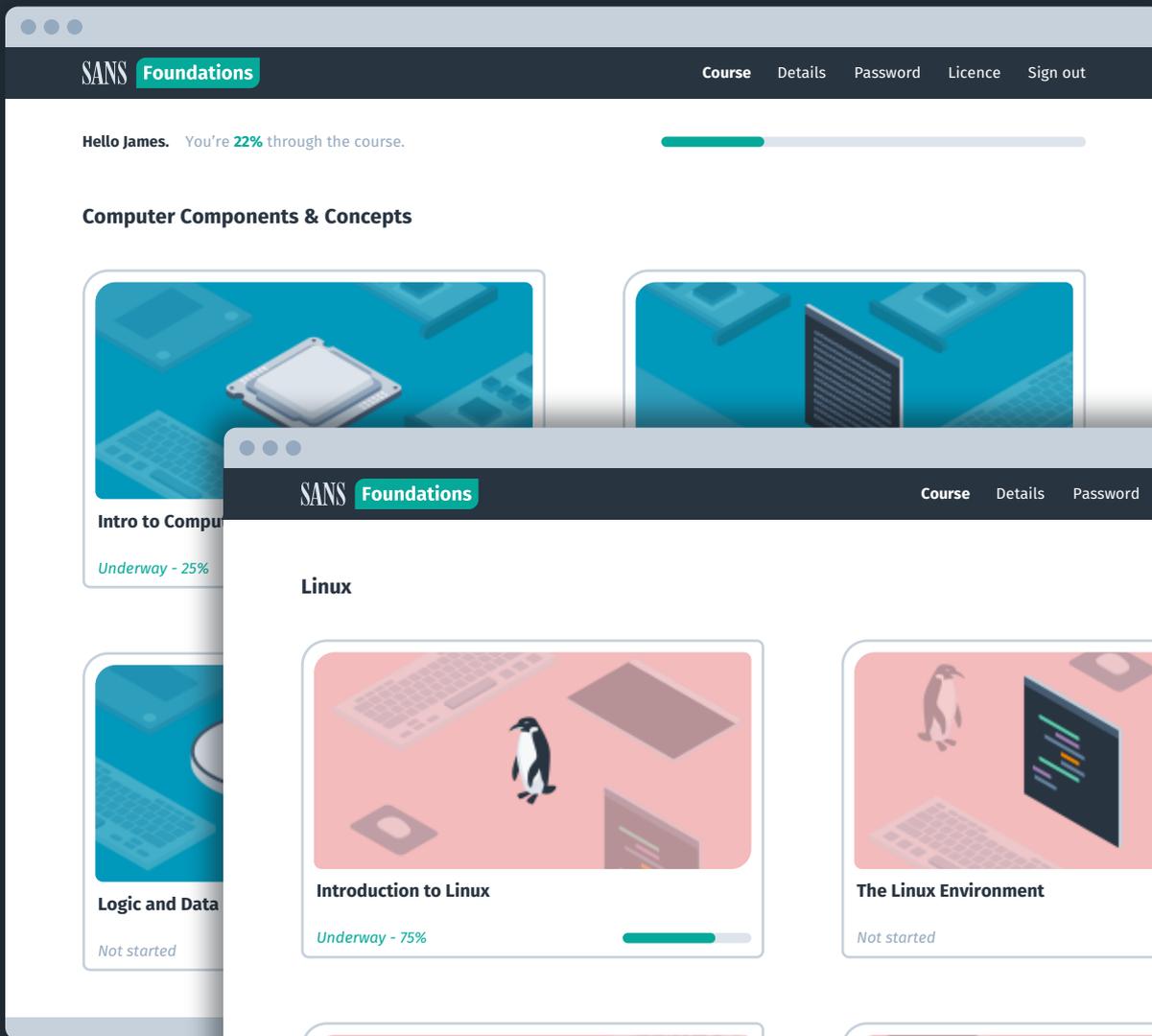


Great content and learning, very positive. Really a great way to step into cybersecurity and build skills day to day.

- Student employed at a large government contractor

# What is included with SANS Foundations?

- Over 120 hours of curated content
- Hands-on labs experience
- Engaging 4K video content
- Quizzes to consolidate learning outcomes
- Training by world-renowned experts
- Proctored final exam delivered by GIAC



# Hands-on interactive labs platform

The course features a broad array of innovative, hands-on labs, and practical exercises that go far beyond those offered by any other similar course in the market.

These labs are developed by leading subject-matter experts, drawing on the latest technology, techniques, and concepts in cybersecurity.

The screenshot displays the SANS Foundations course interface. At the top, the user is identified as James and is 54% through the course. The current module is 'Practical Programming and Concepts - Module 2 of 6', which is 20% complete. The interface is divided into a sidebar and a main workspace. The sidebar shows a progress bar for 'Programming 2' at 65% and a list of lab topics: Introduction, Lab: Code comments in Python, Type conversion in Python, Lab: Type conversion practice, Lab: User input in Python (selected), and Lab: Arrays in Python. The main workspace features a 'Code Editor' tab with a Python 3 file named ~/output.py containing the following code:

```
1 print("What is your name?")
2 msg = input("> ")
3 print("Hello, " + msg)
```

A 'Save' button is located at the bottom right of the code editor. Below the code editor, the 'Lab Instructions' section provides the following text: 'Add functionality to the program you created in Step 1 that uses sys.argv to take in two different arguments, and also prints those arguments to the screen, one after the other.' 'Previous' and 'Next' navigation buttons are positioned at the bottom right of the instructions section.

## What will you learn in this course?

The course provides exactly what you need to go from zero technical and security knowledge to a level of sufficient theoretical understanding and applied practical skills that will enable you to speak the same language as industry professionals.

Students will develop fundamental skills and knowledge in key IT subject areas such as Linux, programming, networking, computer hardware, operating systems, encryption, basic security concepts, and more!

## Contact

- [www.sans-foundations.com](http://www.sans-foundations.com)
- [foundations@sans.org](mailto:foundations@sans.org)

## Who should take this course?

This course is designed for:

- Career changers
- Online self-driven learners seeking new skills
- College and university students
- Business professionals without a deep cybersecurity background
- New hires in IT/cybersecurity
- Participants in reskilling programs



I think the biggest value add for SANS Foundations was simply how comprehensive it was. It covered a lot of topics, but each was covered in enough depth for a better handle on the basics without being overwhelming.

- U.S. government federal law enforcement professional