MiC News

Welcoming the Newest Apprentices:
Cohort 5 Joins the MiC Talent Solutions RAP!!!

Welcome to
COHORT 5 of the

TALENT SOLUTIONS

Registered Apprenticeship Program

MEMBER SPOTLIGHT

ADEMOLA OLANREWAJU
MiC Talent Apprentice

Tell us about yourself.

I've been fascinated by technology since an early age. I remember being captivated by computers, teaching myself C++ programming, figuring out binary number calculations, and even the challenge of trying to fit as much data as possible onto a floppy disk. I recall the days of downloading 2MB anime over three days and slaving as well as salvaging hard drives; these early experiences instilled in me a deep curiosity and ultimately paved my path to cybersecurity today.

I have a profound passion for continuous learning, enjoy immersing myself in diverse cultures, and find great satisfaction in helping people. While my career path often led me into sales, I soon discovered that my true enjoyment came from solving complex problems. My ultimate goal is to grow significantly within the GRC space and actively help shape the future of the cybersecurity landscape.

With over 15 years of experience as a Project Manager leading strategic projects across diverse industries, I bring a robust background to the table. I also have a proven track record in risk assessments, compliance audits, and process optimization. My strong analytical and critical thinking skills empower me to process complex data and deliver actionable recommendations. I consider myself a "jack of all trades," constantly adapting my skills to provide the best solutions wherever they are needed.

For me, hard work is second nature; "good enough" is never truly enough. I approach every challenge with a "win or learn" mentality, always striving for excellence and growth.

How did you prepare for the apprenticeship program? Did you pursue any specific certifications, courses, or self-study beforehand?

To get ready for my apprenticeship, YouTube videos, used Google, and AI, I met with my mentor as often as possible; I hit the books hard. I already had my PMP and CompTIA Security+, but I also grabbed a Google Cybersecurity Certificate and an AWS Cloud Practitioner certification. I'm still working on a bunch of others, like ServiceNow GRC, CISA, ISC2 CISSP, and CCSK. My education journey includes a pursuit of a Master's in Cybersecurity from SNHU, which I was able to dive in because of Minorities in Cybersecurity.

Now that you're almost done with the apprenticeship program, can you describe your apprenticeship experience so far? What kinds of tasks or projects have you been involved in?

I'm currently a Cybersecurity Analyst (SOC I) Apprentice at MiC Talent Solutions. It's been a wild ride! I've been monitoring network security, spotting vulnerabilities, and implementing security controls based on frameworks like NIST and ISO 27001. I've also been developing mitigation strategies and responding to cybersecurity incidents. The most fun part is using SIEM tools like Splunk, Nmap, and Wireshark to catch threats and respond faster.

What has been the most challenging part of your apprenticeship, and how did you overcome it?

The toughest part has been keeping up with the speed of the cybersecurity world as well asd the vast cybersecurity landscape. It changes every single day! I've learned that the best way to handle it is to always be learning and get your hands dirty with labs. As Thomas Edison said, "I have not failed. I've just found 10,000 ways that won't work." It's all about having a "win or learn" attitude. I am constantly better today than I was yesterday.

What skills or tools have you found most useful in your apprenticeship, and how have they helped you in real-world tasks?

The most useful skills I have developed have been my knowledge of GRC frameworks like NIST and ISO 27001, and my hands-on experience with SIEM tools. These things give me a solid foundation and the ability to handle real-world tasks like threat detection and incident response.

Tips you'd like to share?

Whether you have a dozen certifications or a handful of degrees, what truly matters is practice. Get your hands dirty with labs, make mistakes, and learn from them. Don't be afraid to reach out to colleagues and seasoned professionals. It's a game of networking; it's not just about what you know, but who you know.

Fun facts about you?

I love learning. God, and my family are the cornerstone of who I am as a person. I enjoy learning about different cultures, traveling, love anime and sports, and I am looking forward to creating a world that is more secure for everyone.

Cybersecurity Principles Can Inform Your Health & Wellness

by Adom Cooper

What is your most critical asset? It is your body. And cybersecurity principles can help you stay healthy and feeling strong. Knowing the terrain and staying mindful of dangers. Carefully vetting what you choose to put into your body i.e. meticulously checking what is actually in your software updates. Trying to avoid delayed maintenance when necessary because risks rear their heads vs. preventative maintenance when there is no risk involved. Crafting a plan and adjusting it as you progress through stages of life vs. "this is how we have always done it" and not exploring new ways of thinking/new technologies.

Material possessions can be replaced throughout life, but you are only granted one body. Taking care of it requires continual maintenance and cognizance of risks, threats, and vulnerabilities. Deployment risk mitigation strategies and conducting preventative treatment are required. Similar to crafting and implementing a sustainable cybersecurity risk management plan, everyone needs a plan for physical and mental health. Or, one will be made for you one way or the other. And I'm willing to bet the one made for you at some point will come at great physical, mental, and financial cost vs. coming up with one yourself.

So, you must be wondering: what does Adom do himself here?

This plan is much more lifestyle today, but the journey to get here is worth exploring. My parent raised my younger brother and myself on a healthy diet. We avoided red meat like the plague and only eat chicken, turkey, and fish. It used to bother me that I'd be the only kid at birthday parties who wasn't allowed to have pepperoni pizza. But now I can see how much it helped. We were also very active, encouraged to play sports and spend time outside. As a lifelong athlete who played soccer, basketball, and lacrosse in high school, time for exercise was never an issue.

Every dude in their late teens and 20s who exercises thinks about getting cut and looking like a comic book character. We are programmed to believe that we have to look strong. I thought I had everything figured out. I became a certified scuba diver and my wife and I enjoy it as a group activity. I was running races a few times a year without having to train very hard. I lifted weights several times a week and rarely bothered to stretch. It WAS all good.

But then, I had to make a shift in my thinking about four years ago. I tore my right Achilles playing soccer in September 2021 and the road to recovery was brutal. I had to learn how to stand, walk, and run again. My lower right leg completely atrophied after successful surgery and I spent the following year grueling through physical therapy sessions. The injury itself was not that painful, neither was the surgery. The pain came during the rehab: all the sitting and time to think. For several months, the only movement I was permitted outside of physical therapy was the trip from the couch to the bathroom on my crutches. While it is impossible to guarantee no injuries in life, I promised myself that I was going to approach everything differently. As I became older and more seasoned, I could feel my body changing. New threats and vulnerabilities require new plans and risk mitigation strategies. I started focusing on mobility and flexibility. This is more about feeling strong versus looking strong.

My physical maintenance routine consists of: daily morning and evening walks with my dog for fresh air and vitamins D, boxing class twice a week at my local gym (shoutout to BoomBox boxing in Washington DC), hitting the weight room for compound lifting at least one a week, hitting the rowing machine for a timed interval session once a week, and rounded out with deep stretches and yoga on the off days.

For my mental health, there are a plethora of things in rotation. I journal regularly, either about past trips that I've taken or how I'm feeling about different parts of my life. I have several close male friends that I meet up with at least one a month for dinner. I play video games, currently on PS5 with Star Wars Battlefront and EA CFB25 (10 years into Dynasty mode with my beloved Michigan Wolverines!). I've been to therapy for about a year, exploring past traumas and realities that impact me today that I used to ignore. I entered fatherhood about 10 months ago and I want to make sure I'm the best version of myself every day for my daughter. She just started walking and I'm going to need all my energy to chase her around in the years to come.

On the food side, I avoid added sugar like the plague and don't usually eat meat Stateside due to the heavy processing. I learned that the basis of most problems in the body is inflammation and sugar is a main culprit in causing inflammation. When I do consume sugar, I always try to eat it sugar vs. drink it. Fresh produce daily and dabbling with intermittent fasting here and there.

In the world of hybrid-remote work, it is crucial to implement ways to move your body when you know you will be sitting at a desk for hours during the work day. I have implemented two things to offset the risks of prolonged sitting sessions. (1) In the morning, I do a 7-minute body energy activation routine and (2) I set a timer to do 10 bodyweight squats every 45 minutes throughout my work day. Also, I've invested in two massage guns: one that lives at home and one that goes with me on the road. I cannot believe to tell you how relieving it is to pull out the massage gun on a flight to loosen up your legs and back. I sleep with a sleep mask, as studies have shown that darkness ignited melatonin production and this encourages better sleep. I've been using a sleep mask for about 3 years now and tracking my sleep with my Apple Watch.

The take-away: think about your current physical health, what you are/are not doing to maintain it, and consider strategies to improve it. There is no one size fits all and strategies that worked yesterday may not be effective tomorrow. Just like in cybersecurity, yesterday's software patch may not address tomorrow's threats and vulnerabilities. It all requires continual learning and implementation of ever-evolving strategies.

MiC Announcements

Congratulations to our new Cohort 5!

We would like to congratulate our new apprentices who will start on September 4th.

Akosua Boakye	Carla Fann	Halima Allouch	Matthew Nguyen	Samantha Kirlew
Albert Williams III	Charles Mackey	Heather Brown	Lassana Magassa	Sara Umair
Alesha Upham	Christian Walker	Ihotu Oko	Lauren Tillis	Sara Kebede
Aleta Ruffin	Christine Belzie	James Onsomu	Miranda Wendt	Shamayel Eqbali
Andrew Guidry	Christopher Ham	Javier Henderson	Nathaniel Boateng	Thaddeus Lopez
Anissa Bracca	Deysi Anaya	Joseph Akaadom	Omar Urrutia	Touba Hamdi
Ashli Maxwell	Ebonee McCorvey	Jovell Page	Rashaad Williams	Treylon Wofford
Bessie Mullins	Felyse Carter	Julio Madera Freytes	Reece Washington	Yakira George
Brandon Taylor	Gabriel Gutierrez	Kayla Brown	Richia Campbell	Zahra Khilwatgar
Calvin Smith	Gabrielle Williams	Kendyl Rayson	Rodney Jones	Zubaidah Osekre-Aryeetey

MiC LEAD Aspirers™ : Coming up on **Sep 12, 2025**
MiC Drop Prep™ Sessions: Coming up on **Sep 02, 2025**

Mark Your Calendars!!!

Mark your calendars for our **MiC Drop Session on September 16, 2025**. You'll have the chance to ask questions to recruiters and hiring managers from various organizations

Coming Soon...

Heads up! Pre-registration for our past attendees opens on **September 2, 2025**. Don't miss this opportunity to register early!