

Rock Frederic

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SUMMARY

Aspiring IT professional pursuing a Bachelor's in Information Technology with a focus on cybersecurity and network management. Eager to apply academic knowledge and hands-on project experience in a dynamic IT internship, aiming to contribute effectively to technological solutions and security improvements.

EDUCATION

Bachelor of Science in Information Technology | Georgia Southern University

Minor in Cybersecurity, Statesboro, Ga, 2025

EXPERIENCE

Warehouse Associate | Amazon

May 2022 - Present, US, GA, Statesboro

- Facilitated efficient handling and organization of over 8,000 packages daily, ensuring timely delivery and inventory accuracy.
- Maintained high standards of warehouse safety and operational efficiency, contributing to a 15% increase in productivity.
- Collaborated closely with a diverse team to streamline warehouse processes, significantly reducing load and unload times.

Grocery clerk | Publix

June 2023 - August 2023, US, GA, Atlanta

- Provided comprehensive customer service in a busy retail environment, assisting an average of 60 customers per day with inquiries about product locations and availability.
- Efficiently managed and restocked inventory across 15 aisles, ensuring optimal product availability and variety for customers, contributing to a 10% increase in customer satisfaction scores during my tenure.
- Collaborated with a team of 25+ employees in the receiving department to offload and organize over 500 items per truck shipment, improving the stock replenishment process by 30%.

PROJECTS

Virtual penetration testing lab | Personal project

September 2023 - Present

- Designed and implemented a VMware-based environment to replicate advanced cybersecurity threats for targeted penetration testing within a home network setting.
- Conducted systematic penetration tests, identifying and mitigating over 30 distinct vulnerabilities, enhancing network resilience.
- Leveraged findings to fortify network defenses, resulting in a marked decrease in susceptibility to common cybersecurity threats.

Website Development & Hosting Project | Georgia Southern University

August 2023 - December 2023

- Led the design and deployment of a complex web hosting solution for a class project, utilizing VMware to integrate with Windows Server, Windows 11, and Linux platforms.
- Configured and managed Apache and NGINX web servers, enhancing site functionality and performance, which resulted in a 20% increase in efficiency and user satisfaction in class evaluations.
- Implemented advanced backend solutions using PhpMyAdmin and MySQL and developed user-friendly interfaces with Joomla, demonstrating comprehensive web management skills.

Network Security Project | Personal Project

May 2023 - August 2023

- Executed a comprehensive audit of home network security, applying tools such as Nmap and Wireshark to evaluate and enhance network defenses.
- Tailored and optimized pfSense firewall settings, achieving a 60% improvement in network security measures and threat mitigation.
- Established robust security protocols, effectively neutralizing over 95% of identified vulnerabilities and external cyber threats.

SKILLS

- Cybersecurity: Penetration Testing, Vulnerability Assessment, Metasploit Framework
- Programming: Python
- Web Development: HTML5, CSS, JavaScript, PHP, SQL, Apache
- Networking: Troubleshooting, Security, pfSense, Nmap, Wireshark
- Cloud Computing: AWS, Google Cloud
- Operating Systems: Linux, Windows, macOS, Android, iOS

CERTIFICATIONS

CERO Cybersecurity | Georgia Southern University

2024