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# Cybersecurity Self-Assessment Quiz

## Section 1: Password Security

1. Do you use strong, unique passwords for each of your online accounts?
  - a) Yes, I use strong and unique passwords for every account.
  - b) I use strong passwords, but sometimes reuse them.
  - c) I use similar or easy passwords across multiple accounts.
2. Do you regularly update your passwords?
  - a) Yes, I update my passwords regularly (at least every 6-12 months).
  - b) I update them occasionally (1-2 years).
  - c) I rarely change my passwords.
3. Do you use a password manager to store and manage your passwords?
  - a) Yes, I use a trusted password manager.
  - b) No, I store them elsewhere (e.g., notebook, document).
  - c) I try to memorize them all.

## Section 2: Multi-Factor Authentication (MFA)

4. Do you enable Multi-Factor Authentication (MFA) on your accounts?
  - a) Yes, on all accounts that support it.
  - b) On some important accounts (e.g., email, banking).
  - c) No, I don't use MFA.
5. What type of Multi-Factor Authentication do you primarily use?
  - a) Authenticator app (e.g., Google Authenticator, Authy).
  - b) SMS (text message) codes.
  - c) I don't use MFA.

## Section 3: Device Security

6. Do you regularly update your device operating system and applications?
  - a) Yes, I install updates as soon as they are available.
  - b) I update them occasionally when I remember.
  - c) I rarely or never update my devices.
7. Do you have antivirus software installed on your devices?
  - a) Yes, on all of my devices.
  - b) Only on certain devices (e.g., my work computer).
  - c) No, I don't use antivirus software.

8. Is your home or office Wi-Fi network protected by a strong password and encryption (WPA2/WPA3)?
- a) Yes, I use a strong password and WPA2/WPA3 encryption.
  - b) I use a password, but I'm unsure about the encryption type.
  - c) I don't have a password or don't know what encryption is used.

## Section 4: Data Protection & Backup

9. Do you regularly back up important files and data?
- a) Yes, I back up my data automatically to the cloud or external drives.
  - b) I back up my data manually from time to time.
  - c) No, I don't back up my data.
10. Are your backups encrypted and stored securely?
- a) Yes, they are encrypted and stored securely.
  - b) I back up, but I don't know if it's encrypted or secure.
  - c) I don't back up my data.

## Section 5: Phishing & Social Engineering Awareness

11. Do you know how to identify phishing emails or messages?
- a) Yes, I can spot phishing attempts and know what to look for.
  - b) I can identify some phishing messages, but I sometimes click on suspicious links.
  - c) I'm unsure how to identify phishing messages.
12. Do you verify links or attachments in emails before clicking or opening them?
- a) Yes, I always verify links and attachments before interacting.
  - b) I verify them occasionally.
  - c) I often click links or open attachments without checking.

## Section 6: Public Wi-Fi & VPN Usage

13. Do you use a Virtual Private Network (VPN) when connecting to public Wi-Fi?
- a) Yes, I always use a VPN when on public networks.
  - b) I sometimes use a VPN, depending on the activity.
  - c) No, I don't use a VPN.
14. Do you avoid sensitive activities (e.g., online banking) when using public Wi-Fi?
- a) Yes, I avoid such activities on public networks.
  - b) Sometimes, but I'm careful.
  - c) No, I perform any activity on public Wi-Fi.

## Section 7: Social Media & Privacy

15. Do you limit the amount of personal information shared on social media?
- a) Yes, I limit sharing and use privacy settings.
  - b) I share personal information, but I adjust my privacy settings.
  - c) I share a lot of personal information openly.
16. Are your social media accounts set to private or restricted access?
- a) Yes, my profiles are private, and only trusted contacts can view my information.
  - b) My accounts are semi-private, and I occasionally adjust settings.
  - c) No, my accounts are public.
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## Scoring

- Mostly A's: You have excellent cybersecurity habits and are well-protected against common threats. Keep up the good work!
  - Mostly B's: You have a good foundation, but there are some areas where you could improve. Consider strengthening your password security, using MFA, and being more cautious online.
  - Mostly C's: You may be vulnerable to cyber threats. It's essential to improve your cybersecurity practices by using strong passwords, enabling MFA, backing up data, and being cautious online.
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