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)?**
   - o a) Yes, I use a strong password and WPA2/WPA3 encryption.
   - o b) I use a password, but I'm unsure about the encryption type.
   - o 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?**
   - o a) Yes, I back up my data automatically to the cloud or external drives.
   - o b) I back up my data manually from time to time.
   - o c) No, I don't back up my data.
10. **Are your backups encrypted and stored securely?**
    - o a) Yes, they are encrypted and stored securely.
    - o b) I back up, but I don't know if it's encrypted or secure.
    - o 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?**
    - o a) Yes, I can spot phishing attempts and know what to look for.
    - o b) I can identify some phishing messages, but I sometimes click on suspicious links.
    - o c) I'm unsure how to identify phishing messages.
12. **Do you verify links or attachments in emails before clicking or opening them?**
    - o a) Yes, I always verify links and attachments before interacting.
    - o b) I verify them occasionally.
    - o 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?**
    - o a) Yes, I always use a VPN when on public networks.
    - o b) I sometimes use a VPN, depending on the activity.
    - o c) No, I don't use a VPN.
14. **Do you avoid sensitive activities (e.g., online banking) when using public Wi-Fi?**
    - o a) Yes, I avoid such activities on public networks.
    - o b) Sometimes, but I'm careful.
    - o 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?**
    o a) Yes, I limit sharing and use privacy settings.
    o b) I share personal information, but I adjust my privacy settings.
    o c) I share a lot of personal information openly.
16. **Are your social media accounts set to private or restricted access?**
    o a) Yes, my profiles are private, and only trusted contacts can view my information.
    o b) My accounts are semi-private, and I occasionally adjust settings.
    o c) No, my accounts are public.

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.