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Enhancing Cybersecurity Learning Efficiency: Leveraging Spaced Repetition Systems for Rapid Adaptation

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100–150-word narrative introduction to the project

In his book "Ultralearning," Scott Young introduces the concept of meta-learning, which pertains to our ability to learn how to learn. During high school, my grades were consistently average. However, upon entering college, I was determined to change that trajectory. I delved into various resources—books, videos, podcasts, and courses—exploring almost every avenue of learning available. Consequently, my academic performance saw a significant improvement.

In the Spring of 2024, when Dr. Bilal Abu Bakr offered me the opportunity to write a research paper, my experiences with learning immediately sprang to mind. Drawing upon all I had learned about effective learning techniques, I proposed that this knowledge could provide individuals with a deeper understanding of cybersecurity.

200-250 word abstract of the project.

Title: Enhancing Cybersecurity Learning Efficiency: Leveraging Spaced Repetition Systems for Rapid Adaptation

The dynamic landscape of cybersecurity demands continual learning and adaptation by security practitioners. Traditional educational approaches often fail to facilitate deep understanding and retention, resulting in superficial knowledge acquisition and high rates of

forgetting. This Abstract proposes the adoption of Spaced Repetition Systems (SRS) as a solution to enhance learning efficacy in cybersecurity.

Current methods of cybersecurity education often employ a "firehose" approach, overwhelming students with information without promoting higher-order thinking. Consequently, students may achieve passing grades without truly comprehending the material. The well-documented Ebbinghaus curve illustrates the rapid decay of memory retention over time, highlighting the inefficiencies of conventional study techniques.

In contrast, SRS leverages the spacing effect to optimize memory retention and recall. By reinforcing neural pathways through strategically spaced repetitions, SRS mitigates the effects of forgetting, enabling practitioners to access information more fluidly. This fluid access to memory enhances problem-solving skills and fosters creativity, crucial attributes in the ever-evolving field of cybersecurity.

The effectiveness of SRS lies in its ability to strengthen neural connections, thereby reducing the likelihood of forgetting and facilitating rapid learning. Adapting and applying information swiftly is paramount in a domain where knowledge can quickly become outdated. By embracing SRS, security practitioners can enhance their learning efficiency, stay abreast of emerging threats, and effectively safeguard digital assets in an increasingly volatile cyberspace.

References

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