

KARA TOWNSEND

INFORMATION SYSTEM SECURITY | GRC | DIGITAL FORENSICS

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PROFESSIONAL SUMMARY

Cybersecurity and digital forensics student preparing for entry-level ISSO and governance, risk, and compliance work. Hands-on experience with logs, network captures, file artifacts, data integrity, and incident documentation, backed by a long record of producing precise records, SOPs, reports, and training in regulated environments. Developing working knowledge of NIST RMF, NIST SP 800-53, system authorization documentation, continuous monitoring, and federal security compliance.

TECHNICAL SKILLS

GRC & RMF Learning Focus: NIST Risk Management Framework, NIST SP 800-53 control families, FISMA, ATO lifecycle, SSPs, SARs, POA&Ms, security reviews, and continuous monitoring

Security Operations: log review, packet analysis, incident documentation, escalation tracking, remediation follow-up, asset/inventory discipline, data integrity, and root-cause analysis

Systems & Data: Linux, macOS, command line, SSH, SQLite/SQL, Python, SHA-256 hashing, metadata review, and forensic timeline reconstruction

Documentation & Compliance: technical writing, SOPs, audit-ready records, quality assurance, regulatory compliance, training materials, and stakeholder communication

SELECTED TECHNICAL PROJECTS

Independent Digital Forensics Lab | 2025-Present

- Acquired and compared SQLite databases and related WAL/SHM files; documented data sources, counts, date ranges, attachments, discrepancies, and review results.
- Wrote SQL queries and Python scripts to inventory artifacts, normalize timestamps, compare data sets, and export structured review data.
- Generated SHA-256 hash manifests and maintained separate source/output directories to support repeatability, integrity, and defensible evidence handling.

Security Evidence & Timeline Analysis | 2025-Present

- Reviewed recovered files, media metadata, packet captures, and system/network logs to identify assets and endpoints, trace activity, reconstruct timelines, and document findings.

PROFESSIONAL EXPERIENCE

Clinical Manager / Radiology Technician | Various Healthcare Facilities | 2002-2024

- Coordinated clinical teams, schedules, records, and client-facing operations in regulated, high-accountability settings.
- Maintained precise documentation and regulatory compliance while resolving operational and patient-care issues under time-critical, life-safety conditions.

Chemical Operator / Fire Captain | Industrial Emergency Services | 2017-2020

- Led life-safety-critical chemical processing and emergency-response operations requiring rapid risk assessment, sound judgment, and clear communication.
- Created reports, procedures, and training materials; reinforced consistent execution in dynamic environments.

Independent Design & Build Projects | Self-Directed | 2022-Present

- Create technical diagrams, documentation, layouts, and production-ready digital assets; manage work from concept through quality review.

EDUCATION & ACHIEVEMENTS

Bachelor of Science, Cybersecurity & Digital Forensics | American Military University | Expected 2028

Associate of Science, Graphic Design Focus | Troy University | 2026

Provost's List, Troy University | 2025

First-place winner, statewide Alabama MS-DOS programming competition | High School Division