

FEDERAL SUPPLY AND SERVICE
AUTHORIZED FEDERAL SUPPLY SCHEDULE PRICE LIST

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through GSA *Advantage!*, a menu-driven database system. The INTERNET address GSA *Advantage!* is: GSAAvantage.gov.

Cameras, Photographic Printers and Related Supplies & Services

FSC Group 874

FSC Class – 874 4, 874 9

Contract Number – GS-02F-0155R

For more information on ordering from Federal Supply Schedules click on the FSS Schedules button at fss.gsa.gov.

Contract Period – 6/3/2005 thru 6/2/2020

Contractor: Total Seminars, LLC

12550 Fuqua Street

Houston, TX 77034

800-446-6004 281-922-4166 Fax 281-922-4778

www.totalsem.com

Small Business

INFORMATION FOR ORDERING ACTIVITIES:

- | | |
|--|---|
| <ol style="list-style-type: none">1. Awarded Special Item Number: 874 9, 874 42. Maximum Order: \$1,000,000 USD3. Minimum Order: \$100 USD4. Geographic Coverage:
The 48 Contiguous States and the District of Columbia, Alaska, Hawaii, Puerto Rico and International5. Points of Production:
Dubuque, Iowa, Dubuque County
Houston, Texas, Harris County6. Prices herein are net7. Quantity Discounts: 8% to 85%. Please see attached price list.8. Prompt Payment Terms:
Net 309. Government purchase cards are accepted below and above the micro-purchase threshold.10. Foreign Item: N/A11. Delivery Time:
5 business days. Overnight and 2nd day delivery is available for noted items.12. FOB Points:
The 48 Contiguous States & The District of Columbia are FOB Destination. | <ol style="list-style-type: none">13. Ordering Address:
Total Seminars, LLC
12550 Fuqua Street
Houston, TX 77034
TAX ID # 76-0460883
CAGE CODE: O9PL914. Payment Address:
Total Seminars, LLC
12550 Fuqua Street
Houston, TX 7703415. Warranty Provisions: Any defective item will be replaced16. Export Packaging: Does not apply17. Terms and conditions of Gov't Credit Cards:
Accept any above micro-purchase threshold.18. N/A19. N/A20. DUNS #: 92-983-611221. Central Contractor Registration:
CAGE/NCAGE Code: 09PL9 |
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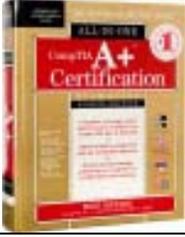
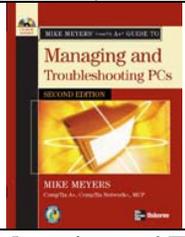
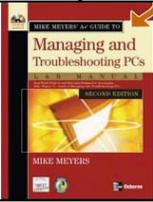
[Super IT User Training Course.....21](#)

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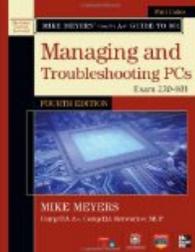
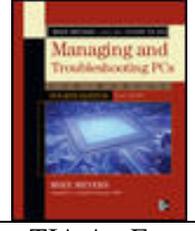
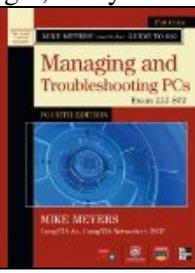
A+ Certification Products	
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight and 2-day and Urgent delivery)	
Product Number: 1381619	
ISBN: 007179512X	Mike Meyers All-in-One A+ Certification Exam Guide - 8th Edition
The #1 selling A+ book, in its 8th Edition updated for the 220-801 and 220-802 A+ exams. Includes a CD-ROM containing practice tests, and a demo of Mike's video training product. 1500 pages, hardcover. CompTIA Authorized Quality Curriculum.	
GSA Price: \$33.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 1381639	
ISBN: 007179591X	Mike Meyers A+ Guide to Managing and Troubleshooting PCs –Fourth Edition
New format with a traditional textbook “look”, including more bold text, wide margins, more robust end-of-chapter review, keyword list and quiz for each chapter, two-color. Includes demo CD with practice exams and sample of Mike's video training product. Softcover. CompTIA Authorized Quality Curriculum. Fourth Edition.	
GSA Price: \$52.50 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 1381629	
ISBN: 0071795553	Mike Meyers A+ Guide to Managing and Troubleshooting PCs Lab Manual, 4th Edition
Packed with 80 lab exercises focusing on PC troubleshooting and repair, along with step-by-step instructions, practical advice, and detailed guidelines for working with every major PC component. Softcover.	
GSA Price: \$27.50 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

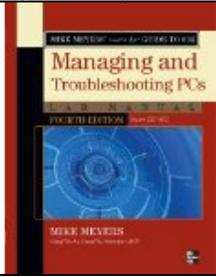
A+ Certification Products (continued)	
SIN: 874 9	
Delivery: Download or 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 1381719	
ISBN:	Mike Meyers A+ Cert. Premium Practice Exam Software
Mike Meyers' A+ Certification exam prep program with over 1000 practice exam questions based on the actual A+ Certification exams, covering both exams. In Practice Mode correct answers are given with review references to the book. In Final Mode grades are reported by topic for review of weak areas. Exams can also be configured to be given by objective or chapter.	
GSA Price: \$22.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

SIN: 874 9	
Delivery: Online delivery	
Product Number: 1381829	
ISBN: 978-0-9768422-9-3	Mike Meyers A+ Certification Online Training
Online one year subscription of videos covering all the 2012 A+ objectives. Over 24 hours of video. Great self-study tool.	
GSA Price: \$275.00	Unit: Each

SIN: 874 9	
Delivery: Online delivery	
Product Number: 1381930	
ISBN:	Mike Meyers A+ Simulations
Online one year subscription of videos covering all the 2012 A+ objectives. Prepare for CompTIA's performance-based questions and learn more about technical concepts covered on the CompTIA exams. How to lesson on key Windows and app functions, guided tours of Win 7, test your knowledge of Windows GUI and solve tasks configuring various apps and Windows. Great self-study tool.	
GSA Price: \$60.00	Unit: Each

SIN: 874 9	
Delivery: Online delivery	
Product Number: 1381059	
ISBN: N/A	CompTIA A+ Certification Voucher
When you are ready to take the CompTIA A+ Certification Exam, you can use Pearson VUE vouchers to register for your exams and save money. You need two vouchers to complete the A+ Certification — one for each exam, 220-801 and 220-802. This product includes one CompTIA A+ Voucher. Vouchers do expire, but are generally good for 11-12 months from purchase date.	
GSA Price: \$167.00	Unit: Each

A+ Certification Split Products		
SIN: 874 9		
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)		
Product Number: 1381649		
ISBN: 0071796029	Mike Meyers' Guide to CompTIA A+ Essentials Exam 220-801	
Designed to explain key IT principles in an easy-to-understand format. Reinforces A+ Essentials Exam certification objectives and prepares students to work in the real world. Softcover. CompTIA Authorized Quality Curriculum.		
GSA Price: \$42.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each	
SIN: 874 9		
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)		
Product Number: 1381669		
ISBN: 0071795170	Mike Meyers' Guide to CompTIA A+ Essentials Exam 220-801, Lab Manual	
40 lab exercises challenge students to solve real world problems based on realistic case studies. Step-by-step scenarios require students to think critically. Post-lab observation questions measure student understanding of lab results. Key term quizzes help build vocabulary. Softcover.		
GSA Price: \$27.50 (FOB Destination Cont US, AK, PR, HI)	Unit: Each	
SIN: 874 9		
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)		
Product Number: 1381659		
ISBN: 0071795979	Mike Meyers' Guide To CompTIA A+ PC Technician	
Designed to explain key IT principles in an easy-to-understand format. Reinforces A+ Exam certification objectives and prepares students to work in the real world. Softcover. CompTIA Authorized Quality Curriculum.		
GSA Price: \$42.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each	

SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 1381679	
ISBN: 0071795154	Mike Meyers' Guide To CompTIA A+ PC Technician, Lab Manual
40+ lab exercises challenge students to solve problems based on realistic case studies. Step-by-step scenarios require students to think critically. Post-lab observation questions measure student understanding of lab results. Key term quizzes help build vocabulary. Softcover.	
GSA Price: \$27.50 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

A+ Certification Curriculum Kits

SIN: 874 9

Delivery: 5 business days (Item is available for Urgent Requirement delivery)

Product Number: 1383019



ISBN:	A+ Basic Student Kit (AIO book, Lab Manual, Test Software, briefcase)
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Includes the All-in-One A+ Certification Exam Guide, 8th Ed., the Mike Meyers A+ Guide to Managing and Troubleshooting PCs Lab Manual, and the Mike Meyers' Total Tester Premium A+ Practice Exam Software with 1300 practice exam questions, all conveniently packaged in a durahyde briefcase. Logo on briefcase at no additional charge with minimum order of 36 kits.

GSA Price: \$103.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
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SIN: 874 9

Delivery: 5 business days (Item is available for Urgent Requirement delivery)

Product Number: 1383019A



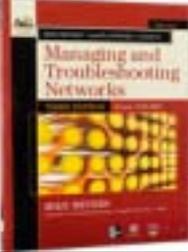
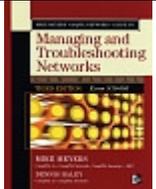
ISBN:	A+ Basic Academic Student Kit (Academic book, Lab Manual, Test Software, briefcase)
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Includes the Mike Meyers' A+ Guide to Managing and Troubleshooting PCs, 4 th Edition, the Mike Meyers A+ Guide to Managing and Troubleshooting PCs Lab Manual, and the Mike Meyers' Total Tester Premium A+ Practice Exam Software with 1100 practice exam questions, all conveniently packaged in a durahyde briefcase. Logo on briefcase at no additional charge with minimum order of 36 kits.
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GSA Price: \$123.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
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A+ Certification Curriculum Kits (continued)	
SIN: 874 9	
Delivery: 10 business days (Item is available for Urgent Requirement delivery)	
Product Number: 1383029	
ISBN:	A+ Premium Kit (Basic Kit + tool kit + voltmeter + antistatic band)
Includes the All-in-One A+ Certification Exam Guide, 8th Ed., the Mike Meyers' A+ Guide to Managing and Troubleshooting PCs Lab Manual, Mike Meyers' Total Tester Premium A+ Practice Exam Software with 1100 practice exam questions, 18-piece Belkin toolkit, multimeter, anti-static wristband, all conveniently packaged in a durahyde briefcase. Logo on briefcase at no additional charge with minimum order of 36 kits.	
GSA Price: \$149.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 10 business days (Item is available for Urgent Requirement delivery)	
Product Number: 1383029A	
ISBN:	A+ Premium Academic Kit (Basic Kit + tool kit + voltmeter + antistatic band)
Includes the Mike Meyers' A+ Guide to Managing and Troubleshooting PCs, the Mike Meyers' A+ Guide to Managing and Troubleshooting PCs Lab Manual, Mike Meyers' Total Tester Premium A+ Practice Exam Software with 1100 practice exam questions, 18-piece Belkin toolkit, multimeter, anti-static wristband, all conveniently packaged in a durahyde briefcase. Logo on briefcase at no additional charge with minimum order of 36 kits.	
GSA Price: \$169.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 8001619	
ISBN: 0072225114	Mike Meyers Computer Skills - Survey of Operating Systems
Designed to give students of varying experience a practical working knowledge of baseline IT skills and technologies. This four-color illustrated volume covers each of the major operating systems, including DOS, Windows 9x/NT/2000/XP, Mac OS9/OSX, and UNIX/Linux. A chapter on networking and network operating systems is also included. Softcover.	
GSA Price: \$33.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

Passport Certification Series	
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 7001619	
ISBN: 0071795677	Mike Meyers' A+ Certification Exam Passport, 5th Edition
The A+ Passport focuses only what students need to know to pass this challenging exam. Excellent coverage of the subjects CompTIA includes in the A+ exams. Review questions conclude each chapter, and handy exam tips are scattered throughout. The accompanying CD includes interactive practice exams. Softcover.	
GSA Price: \$21.49 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 7071619	
ISBN: 0071789057	Mike Meyers' Network+ Certification Exam Passport, 4th Edition
A concise, affordable, and portable study tool for the Network+ certification exam. Intensive focus on CompTIA's Network+ certification exam objectives. Review questions conclude each chapter, and handy exam tips are scattered throughout. The accompanying CD includes practice exams.	
GSA Price: \$21.49 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 7111619	
ISBN: 0071832149	Mike Meyers' Passport to Security+ Certification, 4th Edition
Mike Meyers' Passport Security+ with industry expert Mike Meyers, brings you this concise, affordable, and portable study tool for the CompTIA Security+ certification exam. With an intensive focus on only what you need to know to pass this challenging exam plus a free practice test, this book is your ticket to success on exam day.	
GSA Price: \$21.49 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

Network+ Certification Products	
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 8381619	
ISBN: 0071789227	Mike Meyers All-in-One Network+ Certification Exam Guide, 5th Edition
With full treatment of all the exam topics, as developed by CompTIA, this definitive, dual-purpose tool contains exam objectives at the beginning of each chapter, helpful exam tips, sample questions, and real-world scenarios. Practice exam software included on free CD, along with complete electronic book. Hardcover. CompTIA Authorized Quality Curriculum.	
GSA Price: \$33.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 8381639	
ISBN: 0077189111	Mike Meyers' Network+ Guide to Managing and Troubleshooting Networks – Academic, Third Edition.
Teach network administration and support skills in an easy-to-understand way that will prepare students for an IT career. Mike provides helpful tips throughout the book, end-of-chapter practice questions, and hundreds of photographs and illustrations. This comprehensive guide will help students pass the Network+ certification exam and become an expert network administration and support professional. Softcover. CompTIA Authorized Quality Curriculum.	
GSA Price: \$52.50 (FOB Destination Cont US, AK, PR, HI)	Unit: Each
SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 8381629	
ISBN: 007178832	Mike Meyers' Network+ Guide to Managing and Troubleshooting Networks, Lab Manual, Third Edition
60+ lab exercises challenge students to solve problems based on realistic case studies. Step-by-step scenarios require students to think critically. Post-lab observation questions measure student understanding of lab results. Key term quizzes help build vocabulary. Softcover.	
GSA Price: \$27.50 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

Network+ Certification Products (continued)

SIN: 874 9	
Delivery: Download or 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 8381719	
ISBN:	Mike Meyers' Network+ Cert. Practice Exam Software
Mike Meyers Network+ Certification exam prep program with over 650 questions that can be taken in Final or Practice mode. In Practice Mode correct answers are given with review references to Mike's Network+ textbook. In Final Mode grades are reported by topic to allow review of weak areas. Exams can also be configured to be given by objective or chapter.	
GSA Price: \$22.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

SIN: 874 9	
Delivery: Online delivery	
Product Number: 8381829	
ISBN:	Mike Meyers Network+ Certification Online Training
Online one year subscription of videos all the Network+ topics. Over 14 hours of video, great self-study tool.	
GSA Price: \$275.00	Unit: Each

SIN: 874 9	
Delivery: Online delivery	
Product Number: 8381930	
ISBN:	Mike Meyers Network+ Simulations
Online one year subscription of videos covering all the Network+ objectives. Prepare for CompTIA's performance-based questions and learn more about technical concepts covered on the CompTIA exams. How to lesson on key Windows and app functions, guided tours of router firmware, test your knowledge of Windows GUI and solve tasks configuring various apps and Windows. Great self-study tool.	
GSA Price: \$60.00	Unit: Each

SIN: 874 9	
Delivery: Electronic delivery	
Product Number: 8381059	
ISBN: N/A	CompTIA Network+ Certification Voucher
When you are ready to take the CompTIA Network+ Certification Exam, you can use Pearson VUE vouchers to register for your exams and save money. This product includes one CompTIA Network+ Voucher. Vouchers do expire, but are generally good for 11-12 months from purchase date.	
GSA Price: \$247.00	Unit: Each

Network+ Certification Curriculum Kits

SIN: 874 9	
Delivery: 10 business days (Item is available for Urgent Requirement delivery)	
Product Number: 8383019	
ISBN:	Network+ Basic Student Kit (AIO book, Lab Manual, Test Software, briefcase)
Includes the All-in-One Network+ Certification Exam Guide, Mike Meyers' Network+ Guide to Managing and Troubleshooting Networks Lab Manual, Mike Meyers' Total Tester Premium Network+ Practice Exam Software. All packaged in a convenient durahyde briefcase. Logo on briefcase free with minimum purchase of 36 kits.	
GSA Price: \$103.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

SIN: 874 9	
Delivery: 10 business days (Item is available for Urgent Requirement delivery)	
Product Number: 8383019A	
ISBN:	Network+ Basic Academic Kit (Academic book, Lab Manual, Test Software, briefcase)
The Mike Meyers' Network+ Guide to Managing and Troubleshooting Networks replaces the All-in-One Network+ Certification Exam Guide in this kit. All other parts of this kit are identical to the Network+ Basic Kit. Logo on briefcase free with min order of 36 kits	
GSA Price: \$123.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

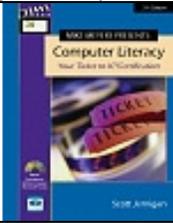
SIN: 874 9	
Delivery: 5 business days (Item is available for Urgent Requirement delivery)	
Product Number: 8383029	
ISBN:	Network+ Premium (Includes all items in Basic Kit + cable tester + punchdown tool + crimper + RJ45 + cable)
In addition to items included in the Network+ Basic Student Kit, this kit includes a cable tester, punchdown tool, crimper, RJ45 connectors, and 25' of cable. All conveniently packaged in durahyde briefcase. Logo on briefcase free with min order of 36 kits.	
GSA Price: \$159.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

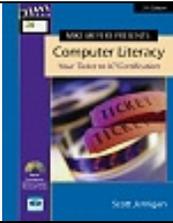
SIN: 874 9	
Delivery: 5 business days (Item is available for Urgent Requirement delivery)	
Product Number: 8383029A	
ISBN:	Network+ Premium Academic Kit (Includes all items in Basic Kit + cable tester + punchdown tool + crimper + RJ45 + cable)
In addition to items included in the Network+ Basic Academic Student Kit, this kit includes a cable tester, punchdown tool, crimper, RJ45 connectors, and 25' of cable. All conveniently packaged in durahyde briefcase. Logo on briefcase free with min order of 36 kits.	
GSA Price: \$189.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

SIN: 874 9	
Delivery: Download or 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 7681719	
ISBN:	Mike Meyers' Security+ Cert. Practice Exam Software
Mike Meyers Security+ Certification exam prep program with over 600 questions that can be taken in Final or Practice mode. In Practice Mode correct answers are given with review references. In Final Mode grades are reported by topic to allow review of weak areas. Exams can also be configured to be given by objective or chapter.	
GSA Price: \$30.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

SIN: 874 9	
Delivery: Electronic delivery	
Product Number: 8381059	
ISBN: N/A	CompTIA Security+ Certification Voucher
When you are ready to take the CompTIA Security+ Certification Exam, you can use Pearson VUE vouchers to register for your exams and save money. This product includes one CompTIA Security+ Voucher. Vouchers do expire, but are generally good for 11-12 months from purchase date.	
GSA Price: \$270.00	Unit: Each

IC3 Certification Products

SIN: 874 9	
Delivery: 5 business days (Item is available for Expedited, Overnight, 2-day and Urgent delivery)	
Product Number: 7501620	
ISBN: 0-9768422-7-0	Mike Meyers Present Computer Literacy, Your Guide to IC3 Certification, Second Edition
Take a ride with acclaimed author and teacher Scott Jernigan as he guides you through the world of computers in Computer Literacy Your Ticket to IC ³ Certification. You'll learn how personal computers work, including the hardware components such as hard drives, RAM, monitors, and so on and the operating systems, from Windows to Macintosh. Scott teaches you how to use the most important productivity applications, such as word processing, spreadsheet, and presentation software. You'll also learn essentials about how to use the Internet and e-mail effectively and how to work with networks in general.	
GSA Price: \$39.00 (FOB Destination Cont US, AK, PR, HI)	Unit: Each

SIN: 874 9	
Delivery: Online delivery	
Product Number: 7501639	
ISBN:	Computer Literacy Online training
Take a ride with acclaimed author and teacher Scott Jernigan as he guides you through the world of computers in Computer Literacy Your Ticket to IC ³ Certification. One year online subscription that includes online training with simulations and remediation.	
GSA Price: \$25.00	Unit: Each

Training Courses

874 4	Product ID: SECURITY
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Delivery: 15 business days	
Product: CompTIA Security+ Course	Onsite course, minimum 10 students

Course content:
 Total Seminars Security+ course is designed to teach students knowledge of communication security, infrastructure security, cryptography, operational security, and general security concepts. This course provides preparation for CompTIA's Security+ certification which meets IA Tech Level II and IA Management Level I of the DOD 8570.1 directive. GSA pricing is inclusive of IFF fees. We honor GSA government cards.

Course format: Hands-on training in small groups.

Delivery: Courses are held at client's site. Flexible delivery as determined by client needs (class duration is five days). Daily schedule, including number of hours, and number of days may vary by location as needed. Onsite costs may vary accordingly.

Prerequisites: Students should be comfortable PC users and have a solid knowledge of DOS, Microsoft Windows XP and Vista. Students should also understand basic networking and internet concepts. CompTIA A+ and Network+ Certifications recommended, but not required.

Location: Customer to supply classroom, tables, chairs, overhead projector and power. Our staff travels to your location (costs quoted below are all-inclusive).

Equipment/Material: Total Seminars will supply equipment. Each student will receive training materials, including books and practice exam software as applicable. Equipment supplied assumes training on student per system.

Class size: Minimum: 10 students Maximum: 20 students

Pricing: (FOB Destination Cont US, AK, PR, HI)

<u>Number of Students per Class</u>	<u>Price per student</u>
10-20	\$975

Security+ Certification Course Outline

General Security Concepts

Introduction to Security+ certification and discussion of basic security terminology.

Attacks and Malicious Software

Discussion of the steps used in an attack and methods of attacks on computers and networks. Learn how to minimize the risk of an attack on your systems.

Remote Access

Remote Access Process, using Identification, Authentication, and Authorization

Methods used for remote access including: Telnet, SSH, L2TP and PPTP, IEEE 802.11, VPN, IPSec, IEEE 802.1x, RADIUS and TACACS+. Discussion of vulnerabilities with remote access

E-Mail

Discuss the security issue associated with e-mail, common security practices for e-mail and what software can be used for e-mail security.

Web Components

Discussion of protocols used on the web: SSL/TLS, HTTP/HTTPS, DAP/LDAP and FTP/SFTP.

What vulnerabilities associated with the web.

Wireless and Instant Messaging

Security issues with wireless networks and security issues with instant messaging.

Infrastructure Security

Discuss how to set up a secure infrastructure. Devices used to construct a network, media used to carry network signals, storage media used on networks and methods of security through network design.

Intrusion Detection Systems

Understanding host-based intrusion detection systems (IDS) and explore network-based intrusion detection systems (IDS).

Security Baselines

Learn about "hardening" and explore the concepts of hardening: Hardening operating systems, Hardening network devices and Hardening applications.

Cryptography

Learn about the three types of cryptography and current cryptographic algorithms.

Understand how cryptography is used for security.

Public Key Infrastructure

Understand certificate authorities, registration authorities. Thorough discussion of digital certificates and methods of private key protection.

Security+ Certification Course Outline (continued)

Standards and Protocols

Understand the standards for establishing an interoperable internet public key infrastructure. Discuss issues with public key infrastructure (PKI) standards and learn how the internet protocols implement PKI standards.

Operational/Organizational Security

Discussion of “real world” security in an organization. Learn what physical security components can protect your computers and network. Dealing with social engineering as a means to gain access to computers and networks. Discuss protection against fires and learn about fire suppression systems.

Disaster Recovery, Business Continuity

Discuss disaster recovery plans and learn various data backup methods. Understand how policies and procedures play a role in security needs of an organization.

Security and Law

How laws affect the importing and exporting of encryption software. Discussion of the laws that govern encryption, digital rights management, and digital signatures. We also discuss privacy laws in various industries that relate to computer security.

Privilege Management

Using users, groups, and role management for system and network security. Understand the pros and cons of using centralized and decentralized privilege management. Learn about auditing resources and methods of access control.

Computer Forensics

Discuss the rules and types of evidence. Show methods for collection and preservation of evidence. Understand the importance of a viable chain of custody and learn the steps to investigating a computer crime or policy violation.

Risk Management

Learn the purpose of risk management and how to effectively manage risk. Discussions will include business risks and methods of risk assessment.

Change Management

Discussion of change management and why it is important. How to use segregation of duties to reduce risks of security breach. How to implement change management in small and large projects.

SIN: 874 4	Product ID: SUPERIT				
Delivery: 15 business days					
Product: Mike Meyers Super IT User Course	Onsite course, minimum 10 students				
<p>Course content: This course is designed to teach students user skills and understand computer maintenance (defrag, CHKDSK, simple backups, etc.). Students will understand the concept of networking and will recognize an IP address, run IPCONFIG as needed, successfully create a network share, etc. Students will learn to open a system and do simple procedures such as adding RAM, upgrading video drivers and replacing a mouse. They will learn about the Internet and can at least conceptualize the ideas of ports, DNS, DHCP, and applications. GSA pricing is inclusive of IFF fees. We honor GSA government cards.</p> <p>Course format: Hands-on training in small groups.</p> <p>Delivery: Courses are held at client's site. Flexible delivery as determined by client needs (class duration is four days). Daily schedule, including number of hours, and number of days may vary by location as needed. Onsite costs may vary accordingly.</p> <p>Prerequisites: Students should be comfortable PC users and have a solid knowledge of Microsoft Windows XP and Vista.</p> <p>Location: Customer to supply classroom, tables, chairs, overhead projector and power. Our staff travels to your location (costs quoted below are all-inclusive).</p> <p>Equipment/Material: Total Seminars will supply equipment necessary for class instruction.</p> <p>Class size: Minimum: 10 students Maximum: 30 students</p> <p>Pricing: (FOB Destination Cont US, AK, PR, HI)</p> <table> <thead> <tr> <th><u>Number of Students per Class</u></th> <th><u>Price per student</u></th> </tr> </thead> <tbody> <tr> <td>10-30</td> <td>\$780</td> </tr> </tbody> </table>		<u>Number of Students per Class</u>	<u>Price per student</u>	10-30	\$780
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Mike Meyers Super IT User Course Outline

Understanding and Using Windows

Marching around the Interface

Files and Folders

The Control Panel

Applications

Users, Groups and NTFS

The Heart of Windows

The Registry

Personalizing Your Windows

Windows Maintenance

System Assembly and Configuration

System Unit

Component ID

I/O Area

Motherboard

Adding RAM

Adding a Drive

Adding CD-Media

Adding cards

Working with Peripherals

Monitors

Installing Video Cards

Configuring

Video Problems

Printers

Installing Printers

Consumables

Printer Problems

Windows Networking

Understanding Workgroups

Understanding Server share names

Understanding Resource share names

Workgroup File and Print Sharing

Understanding Domains

Tour of a Domain Controller

Domain names vs. local names

Mike Meyers Super IT User Course Outline (continued)

Network Hardware

Cabling

Switches

NICs

Cabling Problems

TCP/IP

IP Addressing

Static vs. Dynamic

DNS

Routers

The Internet

How the Internet Works

ISPs

Configuring your Internet connection

Internet Applications

SIN: 874 4	Product ID: A+PCREPAIR						
Delivery: 15 business days							
Product: CompTIA A+ Course	Onsite course, minimum 10 students						
<p>A+ Certification Course (meets DOD 8570.1 directive)</p>							
Course content:	<p>Total Seminars A+ Certification Course is designed to teach students to diagnose, repair and configure PC's and to pass the A+ Certification. Students will learn how computers work, why the break and how to find and fix problems. Throughout class students will work with hands on exercises to enforce the knowledge they are learning throughout the course. This course provides preparation for CompTIA's A+ certification which meets Tier 1 of the DOD 8570.1 directive.</p>						
Course format:	Hands-on training in small groups.						
Delivery:	<p>Courses are held at client's site. Flexible delivery as determined by client needs (class duration is nine days). Daily schedule, including number of hours, and number of days may vary by location as needed. Onsite costs may vary accordingly. IFF fees are included in cost of courses.</p>						
Prerequisites:	<p>Students should be comfortable PC users and have a solid knowledge of DOS, Microsoft Windows operating systems.</p>						
Location:	<p>Customer to supply classroom, tables, chairs, overhead projector and power. Our staff travels to your location (costs quoted below are all-inclusive).</p>						
Equipment/Material:	<p>Total Seminars will supply equipment. Each student will receive training materials, including books, lab manuals, and practice exam software as applicable. Equipment supplied assumes training in small groups, 2 students per system.</p>						
Class size:	<p><i>Minimum:</i> 10 students <i>Maximum:</i> 30 students</p>						
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A+ Certification Course Outline

Operational Procedures

CompTIA uses the term operational procedures to define what are more commonly known as soft skills. Students are prepared to understand softskills “The CompTIA Way” to make sure they are not tripped up on the exam.

The Visible PC

This lesson introduces the student to the various components of the PC. Students will identify the many components of the PC, carefully dismantling their PC as each component is discussed and its function explained.

Visible Windows

The CompTIA A+ exams ask a number of questions on what might be considered user level Windows skills. Treated as a review, users are exposed to interface manipulation, folder organization and file manipulation in Windows.

Microprocessors

This lesson begins the understanding of the PC from its most important component, the microprocessor, also known as the CPU. Using the analogy of “The Man in the Box,” students will learn the major components and functions of the microprocessor. Students will learn clock multiplying, voltage, and caching. Students will install different CPUs and cooling units.

RAM

This lesson defines the function of RAM, and its capacity and speeds. Students will learn how to recognize different RAM types and different RAM packaging options, and when to use each type. Students will install RAM in their systems.

BIOS and CMOS

This lesson teaches students the functions of BIOS and how the System ROM and CMOS Setup utility interrelate to provide BIOS. Students will understand the need for CMOS setup and will learn how to access their systems’ CMOS setup utility. They will learn when and how to adjust basic CMOS settings. They will understand the concept of flash ROM and how to upgrade a flash ROM.

Expansion Busses

This lesson describes the history of the expansion bus in PCs. All of the major expansion slots used in modern PCs (PCI, PCIe, AGP) are discussed in detail. Students will understand I/O addresses, IRQs, and DMA. They will learn the classic COM and LPT ports and their default resources.

A+ Certification Course Outline (continued)

Motherboard and Cases

Students will learn about ATX, BTX and other form factors and will understand when and how to use each form factor. The role of the chipset and how it is used is discussed. This section also covers motherboard installation into cases.

Power Supply

This lesson explains the function, common connections, installation, and basic troubleshooting of the PC power supply. The function of surge suppressors and Uninterruptible Power Supplies is also discussed. Students will install and test a power supply.

Hard Drive Technologies

The first hard drive lesson teaches students the concepts of geometry and how it relates to drive capacity. Different version of the ATA standard are discussed, clarifying concepts such as ATAPI, LBA, INT13 and ATA6

Implementing Hard Drives

Continuing from the previous lesson, this concentrates on hard drive installation. Partitioning and file formats are discussed as well as Windows Dynamic drives. Students will learn how to partition and format an EIDE drive using bootable CDROMs and third party tools. Students will understand fragmentation and bad clusters, and the tools used to repair these problems.

Removable Media

This lesson covers all of the common types of removable media, including floppy drives, CDROM, CD-R, CD-RW and the many versions of DVD used in today's PCs.

Installing and Configuring Windows

Students will complete a full install of Windows and discuss the choices and problems that may take place during installation.

Command Line

Students will learn a large number of commands for the command line interface and understand when they are used. Many advanced commands such as DISKPART are also shown.

Securing Windows Resources

Windows comes with the powerful NT file system (NTFS). However, using NTFS to the satisfaction of the CompTIA A+ exams is fairly extensive. This lesson provides an in depth, practical exposure to NTFS. Additionally, this lesson also covers security policies.

A+ Certification Course Outline (continued)

Input/Output

This lesson covers the many types of general purpose input/output ports on a typical PC. Topics include serial, USB and firewire. This lesson also covers installation, configuration and troubleshooting of common I/O devices such as mice and keyboards.

Video

This lesson exposes students to the concept of video, and enables them to understand critical video terms, such as resolution, refresh, dot pitch, color depth, and video RAM. Students will learn the major components of a CRT and LCD monitor. Students will install correct drivers for video cards. They will change the resolution and color depth and will optimize the refresh rate. Students will work with DirectX.

Multimedia

The goal of this lesson is to provide an understanding of the different types of media files, players, codecs and sound devices (speakers, microphones). Students will learn about installation and troubleshooting issues relating to sound cards, speakers and drivers. Last, students will install and configure video capture devices and configure proper video codecs.

Portable PCs

This lesson covers the four key areas of mobile computing: batteries (and their proper disposal), LCD displays, PC Cards, and power management. This lesson also includes discussion of the types of hard used in portable PCs (2.5" drives, SO-DIMMs, mini-PCI).

Printing

This lesson teaches students about the printers, ports, and cables used in printing. Students will recognize the major components of dot-matrix, inkjet, and laser printers. They will be able to print from applications and use the Printers applet to control print jobs. Students will learn to diagnose and repair intermediate printer problems. Students will configure their LPT and USB ports in CMOS. Students must install a printer and print successfully from various word processing applications.

Local Area Networking

Students will recognize and support a simple Windows network. This lesson concentrates on the hardware of networks: the protocols, cabling, hubs, and NICs. Students will install and test the hardware of an Ethernet network. They will test the NICs and ensure good continuity between cards. TCP/IP is covered in terms of configuring a Windows system. Students will understand the concept of Windows workgroups, Domains and Active Directory. Students will create user accounts, configure systems to share resources, share resources, and access other systems' shared resources. They will be able to access both directories and printers on other systems. Last, Local Group Policies are covered.

A+ Certification Course Outline (continued)

Wireless Networking

The CompTIA A+ objectives expect students to be able to install and configure a basic 802.11 network. This lesson covers 802.11 standards and configuration. Students will install and configure a basic 802.11 network.

The Internet

This lesson deals with the installation and configuration of network software. Students learn the basics of dial-up networking and TCP/IP, including IP addressing, DNS, and WINS. Students will configure the client side of a VPN and Dialup. Students will configure a SOHO type router for Internet access.

Securing Computers

This lesson divides into two sections: Network Security and System Security. In the Network Security section, concepts such as username/passwords, firewall configuration, encryption/authentication methods and where they are used. The System Security goes into more in-depth NTFS/Group Policy, Event Viewer/Logging and physical security.

The Complete PC Technician

The CompTIA A+ objectives define a very rigid, multi-step troubleshooting process. This lesson addresses that troubleshooting process and provides real world scenarios for students to diagnose and repair.

SIN: 874 4		Product ID: NETWORK							
Delivery: 15 business days									
Product: CompTIA Network+ Course		Onsite course, minimum 10 students							
<p>Network+ Certification Course (meets DOD 8570.1 directive)</p>									
Course content:	<p>Total Seminars Network+ course is designed to teach students a total understanding of the entire network system; cabling, routers, network cards and network operating systems. This course provides preparation for CompTIA's Network+ certification which meets Tier 1 of the DOD 8570.1 directive.</p>								
Course format:	<p>Hands-on training in small groups.</p>								
Delivery:	<p>Courses are held at client's site. Flexible delivery as determined by client needs (class duration is five days). Daily schedule, including number of hours, and number of days may vary by location as needed. Onsite costs may vary accordingly. IFF fees are included in cost of courses.</p>								
Prerequisites:	<p>Students should be comfortable PC users.</p>								
Location:	<p>Customer to supply classroom, tables, chairs, overhead projector and power. Our staff travels to your location (costs quoted below are all-inclusive).</p>								
Equipment/Material:	<p>Total Seminars will supply equipment. Each student will receive training materials, including books, lab manuals, and practice exam software as applicable. Equipment supplied assumes training in small groups, 2 students per system.</p>								
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Network+ Certification Course Outline

Why we Network

The course begins by giving students a broad perspective on the subject. After a brief journey through the history of networking, students are introduced to the differing goals and concerns of network technicians and network users. Finally, students learn basic networking terms that will be used throughout the class, such as Network Operating System, Server, and Client.

Building a Network with OSI

This lesson focuses on the important and widely-used OSI seven-layer model, used by networking people to conceptualize how networks function. Students learn what components are required to make a network function, and how these required network components fit into this famous model.

Cabling and Topology

Here the students discover the many types of cabling and connectors used in networking. This includes coaxial, unshielded twisted pair and fiber optic. Additionally, this lesson covers the concept of topology, providing both theoretical concepts and practical application of popular topologies.

Ethernet Basics

This lesson introduces students to the most common type of networking technology used in the world today: Ethernet. Students learn the basics of how Ethernet works, starting with a review of some earlier Ethernet technologies.

Modern Ethernet

Having covered the basics and history of Ethernet networking in the last lesson, this lesson teaches students how Ethernet is used in today's modern networks. Students will actually begin assembling a network from scratch as part of this lesson.

Working with Physical Networks

In this lesson, students learn how to understand the specialized concerns of the techs who install structured cabling. Besides learning the basics of network cable installation, students will get hands-on practice using diagnostic tools to figure out how to fix the classroom network, which the instructor sabotages to create real-world troubleshooting scenarios

TCP/IP Protocol

This very substantial lesson covers TCP/IP, the most common—and complicated—of all the network protocols used today. Students continue their hands-on learning by configuring multiple systems to join a TCP/IP network, then employing some of the basic software utilities used by network technicians to maintain TCP/IP networks.

Network+ Certification Course Outline (continued)

The Wonderful World of Routing

This lesson explains the function of routers in a TCP/IP network. Concentrating on the practical, students will understand and configure routers as both gateway and non-gateway. Topics include NAT, dynamic routing protocols and DHCP.

TCP/IP Applications

The CompTIA Network+ exam expects students to display an high degree of competency in understanding, configuring and troubleshooting a number of the most TCP/IP applications. These include (but are not limited to) HTTP, POP, IMAP, SMTP, SNMP, DNS, WINS, FTP, SSH, Telnet and NTP.

Network Naming

All TCP/IP networks rely on some form of naming protocol. This lesson covers all the common naming protocols including, CIFS, DNS and WINS. Students will configure and troubleshoot these naming protocols and use popular utilities to diagnose problems.

Securing TCP/IP

The TCP/IP protocol was designed at a time when security was not a major concern. This lesson covers the evolution of security in TCP/IP; concentrating on secure protocols, authentication, authorization and encryption protocols are also covered. This lesson closes with a discussion of digital signatures and certificates.

Advanced Networking Devices

Up to this point in the course, all network devices are hubs, switches or routers. This lesson exposes the student to a host of more advanced devices; such as VLAN capable switches, load balancing and intrusion protection.

IPv6

IPv6 is slowly replacing the ancient IPv4 protocol. This lesson provides and in depth discussion of IPv6 addressing and operation. Students will build a fully functional IPv6 network and connect to the IPv6 internet.

Remote Connectivity

This lesson explores how we use wide area links to connect networks together, including everything from Plain Old Telephone Service (POTS) to high-speed fiber optic standards. Students also learn how to use the software on their PCs to make these connections work.

Network Troubleshooting

The CompTIA Network+ objectives define a very rigid, multi-step troubleshooting process. This lesson addresses that troubleshooting process and provides real world scenarios for students to diagnose and repair.

Network+ Certification Course Outline (continued)

Wireless Networking

This lesson gives an in depth study of the 802.11 wireless networking protocol. Every aspect of 802.11 is discussed from standards to configuration. Students will install and configure multiple examples of 802.11 networks from simple adhoc networks to ESSIDs. Encryption, security and troubleshooting are covered in depth.

Protecting Your Network

This lesson explores the world of passwords, firewalls, and encryption. By the end of this lesson, students will understand at a practical level how they can protect a network from hackers, malware and social engineering. Students will take a complete but unsecured network and fully secure the network using both hardware and software solutions.

Network Management

This last lesson covers the mundane but important job of hands on network management. This begins with the many forms of standard documentation used in all networks. The student will then monitor and log a functional network; then use those logs to determine network performance problems.

SIN: 874 4	Product CUSTOM						
Delivery: 15 business days							
Product: Custom Course	Onsite course, minimum 10 students						
<p>Custom Course</p> <p>Total Seminars Total Custom Certification courses allow the client to determine the scope and content of the course. We will combine as many of the topics from our various courses as the client needs. We can expand on specific topics and include additional hands-on exercises to meet the client's exact needs.</p> <p>Course content: Course content determined by client needs. Pricing a function of number of days taught.</p> <p style="padding-left: 40px;">Standard course outlines will be provided as basis for determining customized curriculum, if requested.</p> <p>Course format: Hands-on training in small groups.</p> <p>Delivery: Courses are held at client's site. Flexible delivery as determined by client needs (minimum of four days). Daily schedule, including number of hours, and number of days may vary by location as needed. Onsite costs may vary accordingly. IFF fees are included in cost of courses.</p> <p>Prerequisites: Students should be comfortable PC users. <i>Assessment exams</i> will be used to determine which students are able to test out of the first module. All students will take A+ and Network+ modules.</p> <p>Location: Government to supply classroom, tables, chairs, overhead projector and power. Our staff travels to your location (costs quoted below are all-inclusive)</p> <p>Equipment/Material: Total Seminars will supply equipment. Each student will receive all training materials, including books, lab manuals, and practice exam software as applicable. Equipment supplied assumes training in small groups, 2 students per system.</p> <p>Class size: <i>Minimum:</i> 10 students <i>Maximum:</i> 30 students</p> <p>Pricing:</p> <table style="margin-left: 40px;"> <thead> <tr> <th><u>Number of Students per Class</u></th> <th><u>Price per student per day</u></th> </tr> </thead> <tbody> <tr> <td>10-19</td> <td>\$194.51</td> </tr> <tr> <td>20+</td> <td>\$179.55</td> </tr> </tbody> </table>		<u>Number of Students per Class</u>	<u>Price per student per day</u>	10-19	\$194.51	20+	\$179.55
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SIN: 874 4	Product ID: INTROPC						
Delivery: 15 business days							
Product:	Onsite course, minimum 10 students						
Intro to Personal Computers Course							
<p>Course content: Total Seminars Intro to Personal Computers course is designed to teach the student basic navigation and trouble shooting of DOS, Microsoft Windows. It also gives the students an introduction to basic networking and the internet.</p> <p>Course format: Hands-on training in small groups.</p> <p>Delivery: Courses are held at client's site. Flexible delivery as determined by client needs (class duration is four days). Daily schedule, including number of hours, and number of days may vary by location as needed. Onsite costs may vary accordingly. IFF fees are included in cost of courses.</p> <p>Prerequisites: Students should be comfortable PC users.</p> <p>Location: Customer to supply classroom, tables, chairs, overhead projector and power. Our staff travels to your location (costs quoted below are all-inclusive).</p> <p>Equipment/Material: Total Seminars will supply equipment. Each student will receive training materials, including books, lab manuals, and practice exam software as applicable. Equipment supplied assumes training in small groups, 2 students per system.</p> <p>Class size: <i>Minimum:</i> 10 students <i>Maximum:</i> 30 students</p> <p>Pricing:</p> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;"><u>Number of Students per Class</u></th> <th style="text-align: center;"><u>Price per student</u></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">10-19</td> <td style="text-align: center;">\$778.04</td> </tr> <tr> <td style="text-align: center;">20+</td> <td style="text-align: center;">\$718.19</td> </tr> </tbody> </table>		<u>Number of Students per Class</u>	<u>Price per student</u>	10-19	\$778.04	20+	\$718.19
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Intro to Personal Computers Course Outline

Meet the PC

The first lesson teaches students basic tasks and information. Students will learn how to connect everything and how to handle and insert various types of media, such as paper and ink for printers. Students will learn how to turn on (*boot up*) a PC with the operating system already installed. The lesson will also define hardware/software/firmware and describe common storage devices, such as hard drives, floppy drives, and CD-ROM drives.

Concepts of an Operating System

The second lesson teaches about data and file concepts and how the file structure is placed on a disk drive or other media. Students will learn that an operating system (OS) is made up of many files and file types, and can be spread all over a drive or CD-ROM disc. Students will become familiar with the use of Windows Explorer and how to locate, copy, and move files. Also, they will use the *Find* program in the *Start button* area to locate files. The lesson finishes with a discussion on the Recycle Bin.

Using Windows

This lesson gets students up to speed on the overall use of the current Microsoft Windows Operating Systems. Discussions and demonstrations of general operation, navigation, and optimization will be included in this session. Mandatory subjects are the Desktop and Properties; My Computer and Properties; Start button and selections; and the Taskbar and Properties.

Advanced Windows

This lesson introduces students to more advanced Windows features, including files used in the boot process, hidden folders and files, location of the System files, the Control Panel applets, the Registry, and more complete coverage of the system tools.

Advanced OS Topics

This lesson covers the boot process in detail, including the modes of operation. Students will understand most configuration, initializations, and support files. They will also learn the locations of important files and how to repair or replace them.

The Technician's Forum

This lesson covers, in an open forum format, how to troubleshoot using the available system tools. Students will discuss customer issues concerning topics such as backups, virus checks, compatibility issues, emergency boot disks, and preventive maintenance.

Installing Windows

In this lesson, students will learn about the differences between current Windows operating systems and master installation techniques. The lesson explores the file systems available and their security. Students will conclude the lesson by installing and optimizing current Windows operating systems.

Intro to Personal Computers Course Outline (continued)

Troubleshooting Windows

This lesson teaches the art of troubleshooting. Students will troubleshoot multiple complaints, errors, technical glitches, and crashes—all set up by the instructor—and gain excellent real-world experience.

Introduction to Networking

This lesson teaches the basic concepts of networking. Students will learn about file and printer sharing, and set up shares across a small network. Students will learn to print and use a program together across the network.

The Internet

This entire lesson is spent discussing the Internet and the World Wide Web. Students will learn about e-mail, newsgroups, and interacting with an Internet Service Provider (ISP).