

Journal Entry #4

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Technology has become deeply intertwined with fulfilling my most basic needs. I usually rely on food delivery apps when I don't have time to shop and cook, and the dorms provide me shelter and warmth daily. At the safety level of Maslow's hierarchy, I use passwords and backups to give me peace of mind about my data security. I use social media groups at the Belonging level and communicate with friends and family via apps and video chat. At the esteem level, I use technology to help me learn new skills like coding, writing styles, and even game design. Finally, for the self-actualization level, technology allows me to play games, write, and read books. Overall, technology has progressed to the point where it assists me in meeting needs at every level of Maslow's hierarchy. I realize it's become an essential ally in caring for my most basic needs—it keeps me connected, secure, nourished, and growing.