

The five areas within Maslow's Hierarchy of needs can truly be utilized fully within technological fields as applied to everyday life experiences. Personally, I have experienced many instances with technology throughout my life. My Physiological needs were met through technology as I am able to purchase clothing, grooming necessities, groceries and even restaurant meals online for both pickup and delivery. With the touch of a few buttons on my phone, tablet or computer, I am able to feel connected to the outside world as if I was physically running errands. My Safety needs are met in various ways with respect to technology through our alarm system and our swimming pool system in our home. We are able to remain safe inside our house. We also stay within the safety parameters while keeping our pool water safe with the needed chemicals in the digital application for the pool equipment. Instances of Love and Belonging are utilized through playing video games on my own and with my friends through platforms such as Xbox Live, Steam and Discord. The facet of Love and Belonging is adhered to through the use of social media through Instagram DM and SnapChat. The feeling of love can also be felt through technology in communication platforms such as Zoom and Instant Messaging through social media platforms where you can engage in conversations while actually seeing the other person face to face just simply on a screen. The level of Esteem can also be felt through the usage of technology along with discussions that take place online through social media and socialization platforms alike. The true connection to another person fills that need for socializing which in turn increases self esteem. The aspect of Self Actualization can truly be felt using technology stems from the field of education. I went to high school at Virtual Virginia graduating a year early. Then, I moved to ODU Global where I was named a University Scholar. The academic program of Degree Works at ODU allows me to track my accomplishments and goals academically while becoming the best person I can be in my world.