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When I think about Maslow’s Hierarchy of Needs, I can definitely relate it to my use of technology. For the physiological needs, my phone and computer help me order food or track my health with fitness apps. For safety, I use online banking and password managers to make sure my personal information stays secure. In terms of love and belonging, social media like Facebook and Instagram let me stay connected with friends and family. For esteem, LinkedIn helps me build my professional network and feel accomplished in my career. And for self-actualization, I use platforms like Coursera to learn new skills and grow personally. Technology plays a role in meeting all these needs in my life.