

## Journal entry 4

**Question:** Review Maslow's Hierarchy of Needs and explain how each level relates to your experiences with technology. Give specific examples of how your digital experiences relate to each level of need.

With how the world continues to develop in technology, so does the way in which we use it every single day. The way in which my psychological needs, relates to technology is that for instance, I use the Grubhub app to be able to get food delivered to my dorm, since most late nights I will be very hungry, and do not feel like making something to eat. Another reason is that I, will use the app Instacart to be able to create a list of things in which, is needed from the store. The way in which, I relate to the safety needs, in the second level, is that I practice good cyber hygiene tactics, to make sure my online banking is monitored and no unusual behavior has occurred. The way in I relate to the third level of the hierarchy of needs, which is the belongingness and love needs, is that I stay using social media, to communicate with my loved ones from back at home, and my closet friends, to make sure they are doing good. This is extremely important to me, because I am many miles away from them and don't get to see them too often, unless it is a holiday. The way in which I relate to the fourth level of the hierarchy of needs, which is the esteem needs from experience with technology, is that, when I post on linked in my achievements and goals I reached this year, such as certifications and new internships. The way in which I relate to the fifth level of hierarchy needs which is self-actualization, from my experience of technology is that I keep up to date on the latest frameworks, and cyber trends in which have been occurring around the globe. I also make sure that, I stay on linked in to see what three letter agencies have been publishing on a certain topic of cybersecurity, to help grow my skills and knowledge.