

Module 4 Journal Entry
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Maslow's hierarchy of needs can definitely be connected to the modern era, and specifically technology. While technology isn't a physiological need like food, water, and shelter, it is essentially baked into my everyday life. I use my phone for navigation, keeping tracks of my schedule, finding information, etc. It can also be used to order things like food and clothing, making those necessities much more accessible. When I lose internet or access to my phone my daily life becomes much more difficult to navigate. Moving on to safety needs, technology has made managing my safety and security easier while also introducing new risks. For example I can use my phone to view my ring cameras on my property, making it easy to ensure me and my things are safe even if I'm not physically home. However, because things like bank data or medical records are stored online, I have to be careful and practice proper security posture or risk having my personal info exposed. For my love and belongingness needs, technology makes it much easier to keep in touch with friends and family. At any time I can whip out my phone and facetime family living across the world with just a few simple clicks. I can maintain a sense of connection with all my people without having to worry about seeing them in person. I feel that the last two sections of the hierarchy of needs go hand and hand. Technology has made pursuing my personal and professional goals much simpler and easier, I have the knowledge of the entire human race at my fingertips. From youtube tutorials to online classes, I can use the resources the internet has provided me to develop the skills I need to pursue my career in cybersecurity or hone my hobbies, which in makes me feel accomplished and contributes positively to my self-esteem.