

Journal Entry 4

Physiological Needs: This need does not directly correlate with my experience with technology, because I can achieve it without technology, but tech has made achieving this need easier. Using applications such as Grubhub or Doordash has made it easier for me to get necessities such as food and water.

Safety Needs: I think my experience with technology has made this need harder to achieve. Not only do I have to protect myself physically now, but also virtually. Things such as data leaks, cyber-attacks, etc. make this need harder to get.

Belongingness and Love Needs: Technology has made it easier to connect and maintain relationships with others whether we are close in proximity or long distances away from each. For example, while I'm at college I can still contact my parents by phone or text.

Esteem Needs: With technology, I am able to gain more knowledge faster than I would with reading books. It also makes it easier to further my education when it comes to things like finishing assignments.

Self-Actualization: Technology has created new avenues for me to explore when it comes to discovering what I want to do in life. It has made me able to travel and discover new things.