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#### Week 4 – Journal Entry

Maslow's Hierarchy of Needs connects to my experiences with technology in multiple ways. Starting at the bottom with the physiological level, I sometimes will use apps or services to order food for myself, and I use my apple watch to track my sleep patterns, sleep and food are both basic human needs and it's amazing how technology can be applied to this level. The next level is safety needs, the first example that comes to mind is our security system we have set up at our house. We have cameras, alarms, and sensors that are all connected to WiFi to make sure our house is secure. The next level is belongingness and love needs, I have multiple great friends that I met over the internet that I eventually went on to meet in person and form real friendships. Another example could be dating apps to find a partner. The next level is esteem needs, I think that for me having a place on the internet to share music I make has really helped with esteem as it's helped my work reach more ears and has helped me receive more feedback. The final level is self actualization, for me this level is applied to me most when it comes to learning. Technology plays such a crucial role in letting me explore and learn more about my passions and interests, and has helped me grow as a person overall.