

Maslow's Hierarchy of needs and its relation to my experiences with technology is varied. The lower level of physiological or basic needs related to my experience would be smart-phone apps for Kroger grocery stores and uber eats for ordering food and other things that became more popular during covid, or my use of USAA online banking and Dominion Energy mobile apps to move money around or pay for basic utilities.

Safety, in the hierarchy of needs isn't not difficult to relate to personal digital experiences. Everyday I use two factor authentication to login to various websites playing a part in securing my private information from malicious actors. I use the Virginia 511 app to navigate accidents and road work as an aid to ensure my drive is relatively safe and somewhat stress free. Weather alerts, pushed to my phone help me prepare for potential electrical blackouts and loss of services during a tropical storm by either leaving the area or stocking enough food and water to last if there's going to be a major power outage. Belongingness and love needs as it relates to my digital experience is a little more limited when compared to some. I don't actively use social media: Facebook, Instagram, or tik-tok. I do text my wife, kids, and relatives infrequently but spend time talking on the phone to each regularly. I spend my time connecting to friends and relatives face to face, because that's more rewarding than anything social media can provide.

Esteem is a little trickier for me. Prestige, and a feeling of accomplishment as it relates to a digital context I suppose are wrapped up in copies of awards, honors, and skills I've accumulated during my military career, including the knowledge I've gained in college. Digital photo galleries of deployments, family and friends is another. But as I said, I don't post on social media. My personal accomplishments are private, and my professional accomplishments are only up for public scrutiny if I'm looking for a job.

The highest level of need in Maslow's hierarchy; self-actualization is straightforward. In my digital experience, it's online access to knowledge and training, so I can meet professional or personal goals related to what I see as essential to achieving my potential. Whether the ISC<sup>2</sup> certifications I'm currently working on this semester, the language I'm learning online or the ranching practicum I'm signed up for through the college of agribusiness in my home state.