

Joannie Jeanlouis
HIS 113

March 20, 2023

WEEK 8 RESEARCH & WRITING

Living in the 21st century, many things have changed, modernized, and impacted many daily lives. This has happened from transport efficiency and safety to access to food and healthcare, socialization and productivity. The power of the internet has enabled global communities to form ideas and resources to be shared more easily. However, the overuse of some technology has been linked to a decrease in mental health, an increase in social division, and privacy. In this paper, I will be you will be researching the manner in which network connections has impacted my daily life by things such as food, products, clothing, phone, computer, and more.

Often times, I find listening to music is very therapeutic for me in any situation. Whether that be me going to school and listening to music in my car, going to the gym and connecting to my airpod's to ensure a motivational and intense workout based on my song selection, when I'm sad and need something relatable to connect with, or even when I am cleaning. Bluetooth is used mainly to connect smartphones to devices in their direct vicinity, speakers, health monitors, bike computer, etc. Bluetooth was designed to operate with little power consumption so that it can be effective for all.

Online Shopping has become very convenient and popular. you don't need to leave the house to shop. With the vast majority of us owning any device such as smartphones, tablets, and computers. For most, online shopping has gotten easy access to a virtual shop front right in front of us, where we can buy pretty much anything we want. In addition, technology has enhanced to the point where we can order things and have it delivered directly to our doors with same day delivery. A popular alternative that is used in mu daily life is Instacart. Instacart has given myself and others the ability to have any essential item and necessities such as groceries within two hours making this very effective.

Lastly, technology can also be beneficial because it enhances the safety of myself and others. I live in a private home and sometimes dangerous things such as home invasions or accidents are possible to occur. To ensure the safety of myself and my family, we have a ring camera that is connected to our door, allowing internet access to capture any and everything. I was introduced to this feature by social media. Although social media has is cons and affects the mental health of many, it also has its cons. It has caused communities and different societies to communicate on such a scale and enable the rise of many movements that empower different communities.

The power of the internet has enabled me to do and learn many things. Technology has impacted my daily life for the good. Of course, technology is never ending, and as time evolves, there will be more impactful ways that technology will continuously prove itself. Regardless, there's no denying that technology has, and will continue to, have a huge impact on our lives, in one way or another.

