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From the moment my alarm goes off in the morning, my use of technology starts. I wake up, roll over, grab my cell phone and check for updates. From there on, my use of technology will continue on and off throughout my day. From homework to entertainment, I am in constant contact with technology.

I use many different types of technology. From the obvious cell phone and computer, to my Radford University swipe card to get my meals and unlock my building, everything revolves around technology. The two main technologies I use are my computer, mainly for homework, and my cell phone for staying connected with friends, family and to stay updated with my social network accounts.

If I could keep only my phone or computer, I would pick my cell phone hands-down. I don't even think about putting on a watch when I get ready for the day because I know I can just check my cell phone. A little over a year ago, I hopped on the "Team iPhone" bandwagon; I've become inseparable from it since then. Over the summer I worked as a lifeguard, and on my off days I would conduct over 10 private swim lessons a day. I would email and make phone calls back and forth with the parents to set up times to fit mine and my client's specific schedule. It was like running my own business, which would never have happened without my cell phone being able to be connected to my email and my calendar.

Through my evaluation of myself and my daily use of technology, I've realized I depend on it for most things in my life. Growing up, having these technologies at my fingertips has made it become something normal. With my father being involved in the computer world as his career, I feel as though I have been especially exposed to computers at a young age from learning how to type through a computer game when I was 8 years old. Sometimes I take advantage of technology and just turn to it when I'm bored. This makes me recognize that it is intertwined in my life too much. For example, at night when I've finished all my homework and finally sit down to watch TV, and I can't even sit and just watch TV. I have to be on my phone checking Facebook or Twitter, and if those don't have anything interesting, I click to open a game on my phone.

However, I see myself more as honest. I blame more of my need for technology on the

generation I grew up in. I think it has brought me a lot of opportunities; however, I have suffered in that I am constantly multitasking. At some point, I do need to learn to put the technology down, but with the ever-adapting and growing society, I don't think I will get the chance.

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