

## **Technology Reflection**

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DS 100: Introduction to Technology

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December 1, 2023

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### **Can you share on why you are/were interested to study in this technology discipline?**

Studying Computer Science wasn't initially my primary choice; I had a strong inclination towards Graphic Design or something art-related, but had a change of heart in my senior year of high school. It was my mom who recommended Computer Science, drawing from her own academic background, believing it could align with my interests. Embracing the idea of exploring a new field, I found Computer Science intriguing and decided to give it a try. Coding and programming were foreign concepts to me; I hadn't dabbled in them before. While I appreciate technology, I don't consider myself extremely adept with it, and that's precisely why I'm eager to delve deeper and expand my knowledge in this domain.

### **Do you believe technology drives society or does society drive technology? Please explain your thoughts.**

I believe that technology and society share a two-way relationship, each influencing the other. Technology often sparks societal changes by introducing new tools and possibilities, reshaping how we live and interact. For instance, inventions like smartphones and the internet have revolutionized communication and daily life. Likewise, societal needs, values, and aspirations guide technological advancements. Society's demands, such as for cleaner energy or better healthcare, drive innovation. Ethical considerations, laws, and cultural values also shape technology's development and usage. It's a cycle: technology influences society, and society influences technology, both continuously shaping each other in an ongoing loop of change and progress.

### **Is it possible to live a life or lifestyle without technology? Please explain your thoughts and provide any examples.**

Living a lifestyle without technology would be difficult considering how technology has become so integrated into our lives. However, there are some individuals and communities who have intentionally chosen to live a more traditional or tech-free lifestyle. Examples of living without technology can be found in certain intentional communities, such as the Amish, who choose to limit their use of modern technology, preferring a simpler, more traditional way of life (*Pennsylvania Amish Lifestyle*, n.d.). They often refrain from using electricity, cars, computers, and phones, relying instead on manual labor and traditional methods for farming, cooking, and other daily activities. While these examples showcase lifestyles that significantly reduce reliance on technology, it's important to note that complete disconnection from technology in the contemporary world can pose practical challenges. Many aspects of modern life, including work, education, healthcare, and communication, are heavily reliant on technology.

**In your opinion, what is the next innovation or era in technology after this data-driven era?**

One potential era after this data-driven era is the "Experience-Driven Era." While the data-driven era focused heavily on collecting, analyzing, and leveraging vast amounts of data, the next phase could prioritize enhancing user experiences through immersive technologies, human-machine interactions, and personalized engagements. Augmented Reality (AR) and Virtual Reality (VR) could evolve to integrate into everyday life, transforming experiences in education, entertainment, healthcare, and beyond. For example, AR and VR could be used to “simulate real-world scenarios, providing students and professionals with the opportunity to practice and refine their skills in a safe and controlled environment” (Goel, 2023). Students studying to become doctors can use VR to practice doing surgeries, while engineers can use AR to see and control complicated machines. Businesses are also using these technologies. In healthcare, VR is already helping patients with long-term pain, anxiety, and sadness by putting

them in calming environments. In the future, these technologies might be used more in medical training and to make hospital stays and treatments better for patients. Ultimately, the Experience-Driven Era could redefine our daily technological interactions and perceptions.

## References

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