If one variable:

* It has two levels (groups): independent t-test to get the means
  + Click t-tests > independent samples
  + Put the group variable in grouping variable
  + Put the dependent variable (continuous variable) in the Dependent variable box
  + Click descriptives
* It has more than two levels: ANOVA to get the means
  + Click ANOVA > ANOVA
  + Put the group variable in Fixed Factors box
  + Put the dependent variable (continuous variable) in the Dependent variable box
  + Click Additional options
  + To get SD:
    - Click descriptive statistics
  + To get SE:
    - Click on the label under marginal means > move over to the right.

If two variables:

* ANOVA to get the conditional means
  + Click ANOVA > ANOVA
  + Put the group variables in Fixed Factors box
  + Put the dependent variable (continuous variable) in the Dependent variable box
  + Click Additional options
  + To get SD:
    - Click descriptive statistics
  + To get SE:
    - Click on the label with both variables under marginal means > move over to the right.