

# Git Training

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### Intro to Git Training

Welcome to Git training! Git is one of the most powerful and useful programming fundamentals. However, it is seldom taught in school, especially as a part of a social science research programs. In this document, I hope to get you started on your own Git journey. This document will certainly not cover everything related to Git but just a few commands can provide **a lot** of value. When starting out, I found it most useful to use it alongside a tutorial until I really felt comfortable with it. I hope that this document can be that tutorial for you.

### Why Git?

Git is a version control system that makes programming faster, more collaborative, and improves data integrity. The big idea is that you can periodically save your code in a certain spot so that you, or a collaborator, can easily track changes and restore older versions. It also allows you to get experimental. If you want to try out a crazy idea but you don't want to mess up the existing code, no problem! That's what Git is here for.

Git is all about connecting versions of code that are stored in the central repository (let's just call it the cloud) and your local computer.

If you want another explanation of Git, my programmer friends who are way smarter than me swear by the video [Git for Ages 4 And Up](#)