Installing R and RStudio

- **Step 1: Download and Install R**

  - Go to the website: https://stat.ethz.ch/CRAN/

  - Choose your operating system (Windows, macOS, Linux).

  - Click on the link to download R.

  - Open the downloaded file and follow the installation instructions. Default options are fine.

- **Step 2: Download and Install RStudio**

  - Visit the website: https://www.rstudio.com/products/rstudio/download/#download

  - Under "RStudio Desktop," click on "Download RStudio Desktop for Windows" next to the free version. Linux and macOS users will find a corresponding download link by scrolling down a bit.

  - Download the file and open it.

  - Follow the instructions to install RStudio. Again, default options are sufficient.

- **Step 3: Launch RStudio**

  - After installation, launch RStudio.

  - You will see a user interface with various sections, including the script editor, console, and other useful tools.

- **Step 4: Getting Started with RStudio**

  - In the script editor, you can enter R commands.

  - For example, type 2 + 3 and click "Run" or press "Ctrl + Enter" (Windows/Linux) or "Command + Enter" (macOS) on your keyboard.

  - In the console, you will see the result.