Welcome to your first lesson! In this lesson you will be learning the basics of input and output. The *print* function is primarily used in displaying text onto the console??. Typing *print "sample text"* will display the text written in the parenthesis onto the screen. You can also print the value of *variables* by typing print variableName. Variables in programming are like containers where each unique variable name (i.e. "age") can hold a specific variable type, which can range from numbers, words, or even *lists*. Variables can be assigned values by using an equal sign ("="). Variables can be changed by assigning them with new values or adding onto the existing value.