Abstraction is when you code in a way that breaks a program into pieces to make it easier to read and debug. This allows you to isolate aspects of a program for debugging and optimizing. This also allows you to reuse parts of code in other programs more easily. For example in my journal program I wrote the method as follows:

public void displayJournal(){

foreach(Entry e in \_entries){

e.DisplayEntry();

}

}

This uses another method I wrote from an “entry” class and uses it to write several lines of code in the console.