What you can do with jQuery?

Scrolling and modification of DOM

Events

CSS manipulation

Effects and animations

Ajax

Extendability by plug-ins

How it can help you as a web developer?  
 Saves a lot of time, makes work simplier. Many usefull functions already declared.  
  
What are CDNs? What kind of benefits you get if you use them?  
 Content Delivery Network  
 Technology of sharing cache with other users in the network. E.g. if server you’re connecting to is physicaly too far away from you, it’s faster to get cache from user nearer than from the server.