**Download and Install R & RStudio in Windows 10/11 – 3 minutes**

<https://www.youtube.com/watch?v=zbnYlOZlBEU>

**Download and Install R & RStudio on Mac OSX (Intel & M1 chipset) – 4 minutes**

<https://www.youtube.com/watch?v=AEebOXiMyyI>

**Beginners Introduction to RStudio UI - 6 minutes**

<https://www.youtube.com/watch?v=FIrsOBy5k58>

**Beginners Introduction to R-Programming - 14 minutes**

<https://www.youtube.com/watch?v=FY8BISK5DpM>

**Introduction to the ifelse() function in RStudio – 3 minutes**

<https://www.youtube.com/watch?v=ED34ZhpkoPk>

**Introduction to ‘For Loops’ in R – 4 minutes**

<https://www.youtube.com/watch?v=1L-wwqLdBLA>

**Keyboard Shortcuts in RStudio – 8 minutes**

<https://www.youtube.com/watch?v=U373PGg8Y_0>