1. Java provides us with both for loop and while loops. I also learned the hard way of a specific type of for loop called a for each loop in a technical interview that I did not pass.

https://www.w3schools.com/java/java for loop.asp https://www.w3schools.com/java/java while loop.asp

2. The syntax of a typical for loop that indexes through an array is:

```
for (int i = 0; i < args.length; i++) {
}</pre>
```

For loops tend to be useful for iteration through a specific known number of iterations unlike while loops which tend to be useful for iteration until a condition is meet after an unknown number of iterations.

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