One of the best way to start modeling is to use a primitive object, or a simple shape. To change the shape of the object you can select a channel and drag your mouse to either pull or push the shape. By adding more subdivisions, you can give yourself more area to change your shape. You can move your model by clicking on the move tool and dragging on the handles. You can also rotate and scale by using the respective tools and dragging on the handles. You can access the component menu byright clicking. You can then choose the component you want to use. You can select vertex to select a point, which is just a coordinate(x,y,z). Each point is connected by an edge, an edge is a straight line between to vertices. A face is between four edges. Using the components, you can select parts of your model and move or scale it to change the shape. Extruding can be used to push or pull a straight shape into or out of a model. There are several ways to key the frame. One way is to to the channel box and select what we want to key. You can also hit the S key, however, this selects all channels and you should be aware of this. Once two key frames have been set, you can press play and the object will move between the values in the key frames. By copying and pasting a frame to a new frame you can make the object stay in the same position for however long you set it. You can change the timing by shift-click and dragging the key frames you wish to move. Maya makes a virtual curve in between two key frames. You can access this virtual curve by opening the graph editor. To fix stuttering in animation, you can click on the key in the graph editor and rotate the handles. You can shrink or expand all key frames by shift selecting all of the key frames and changing the size of it. You can also edit your animation by using the Time Editor or Dope sheet.