Both GUI and CLI are used to navigate and find files on your computer. Graphical user interface relies on graphics to allow the user to visually see things as if it was physically in front of them, using files and icons as commands hidden by graphic elements. Meanwhile Command line Interface does not use these graphic elements. It is completely text based, allowing it to be much faster than the GUI interface. It is better used in more complex projects and less user friendly than GUI. CLI relies only on your keyboard meanwhile GUI needs a mouse as well.

As a very visual based learner, GUI is much easier to understand than CLI. I am dyslexic, so the sheer amount of highly condensed text is a bit intimidating.