**String methods**

* s.lower(), s.upper() -- returns the lowercase or uppercase version of the string
* s.strip() -- returns a string with whitespace removed from the start and end
* s.isalpha()/s.isdigit()/s.isspace()... -- tests if all the string chars are in the various character classes
* s.startswith('other'), s.endswith('other') -- tests if the string starts or ends with the given other string
* s.find('other') -- searches for the given other string (not a regular expression) within s, and returns the first index where it begins or -1 if not found
* s.replace('old', 'new') -- returns a string where all occurrences of 'old' have been replaced by 'new'
* s.split('delim') -- returns a list of substrings separated by the given delimiter. The delimiter is not a regular expression, it's just text. 'aaa,bbb,ccc'.split(',') -> ['aaa', 'bbb', 'ccc']. As a convenient special case s.split() (with no arguments) splits on all whitespace chars.
* s.join(list) -- opposite of split(), joins the elements in the given list together using the string as the delimiter. e.g. '---'.join(['aaa', 'bbb', 'ccc']) -> aaa---bbb---ccc

**List methods**

* list.append(elem) -- adds a single element to the end of the list. Common error: does not return the new list, just modifies the original.
* list.insert(index, elem) -- inserts the element at the given index, shifting elements to the right.
* list.extend(list2) adds the elements in list2 to the end of the list. Using + or += on a list is similar to using extend().
* list.index(elem) -- searches for the given element from the start of the list and returns its index. Throws a ValueError if the element does not appear (use "in" to check without a ValueError).
* list.remove(elem) -- searches for the first instance of the given element and removes it (throws ValueError if not present)
* list.sort() -- sorts the list in place (does not return it). (The sorted() function shown below is preferred.)
* list.reverse() -- reverses the list in place (does not return it)
* list.pop(index) -- removes and returns the element at the given index. Returns the rightmost element if index is omitted (roughly the opposite of append()).

<http://www.bogotobogo.com/python/python_functions_built_in.php>