useRef in React is typically used to create a reference to a DOM element, and it can be particularly useful for working with forms. You can use useRef to access and control form input elements without directly manipulating the DOM. Here's an example of how to use useRef with a simple form:

```jsx
import React, { useRef } from 'react';

function App() {
  // Create a ref for the input element
  const inputRef = useRef(null);

  // Function to handle form submission
  const handleSubmit = (e) => {
    e.preventDefault();
    alert(`Submitted value: ${inputRef.current.value}`);
  };

  return (
    <div>
      <form onSubmit={handleSubmit}>
        <label>
          Type something:
          <input type="text" ref={inputRef} />
        </label>
        <button type="submit">Submit</button>
      </form>
    </div>
  );
}

export default App;
```