Considering React, what is one-way, or unidirectional data flow? Why is it important?

Unidirectional flow means that the flow of data can only run one way, from the parent to the child. The child components of a page cannot change the data that the parent page holds but the parent can pass it's data to a child or modify the data once a child has it.

## When does a React component render?

Everything renders at least one time when the page is opened or initialized. After that the react components will only re-render when the specific component data changes state. For example, (1)(2)(5)(12) all 4 of the previous components rendered when called and started. If you changed the data in the (5) component, to (6), it would only re-render the (5) to reflect the new data change while the other 3 remained as they were when first rendered.