8) Tell me about check constraints: What are they? What are they good for? What is the advantage of putting that sort of thing inside the database?

Check constraints allows you to verify that a certain column must match a specific boolean value. For instance, primary key is a check constraint which verifies each row in a database table. Not Null is another example of a check constraint, ensuring that the column will not have a null value. This is extremely useful for things such as SSN or any unique identifier. Similar to an if statement, verifying the information you are looking for is a key component in getting the correct results.