TABLE

* Tables are essential objects in a database because they hold all the information or data.
* Other database objects depend so heavily on tables, you should always start your design of a database by creating all of its tables and then creating any other objects.
* A relational database like Access usually has several related tables. In a well-designed database, each table stores data about a particular subject, such as employees or products. A table has records (rows) and fields (columns)

**A record is a piece of stored (or collected) data.** **A row is a record stored linearly**.

<https://dba.stackexchange.com/questions/65609/column-vs-field-have-i-been-using-these-terms-incorrectly>

A column is a collection of cells alligned vertically in a table. A field is an element in which one piece of information is stored, such as the **received** field. Usually a column in a table contains the values of a single field. However, you can show several fields in a column by using a **Formula** or a **Combination** field. Fields can also be shown as rows in a card view or as controls on a form. A column is just one way to display the contents of a field.

each term into spreadsheet terminology, ignoring data types and all the other stuff that make databases useful:

* Database Column: like a spreadsheet column
* Database Record: like a spreadsheet row
* Database Field: like a spreadsheet "cell" (a specific column of a specific row)

we don't add fields to a table, we add columns to a table, and fields are only relevant when talking about data within a record?