**Helper functions for select**

dplyr comes with a set of helper functions that can help you select groups of variables inside a [**select()**](http://www.rdocumentation.org/packages/dplyr/functions/select) call:

* starts\_with("X"): every name that starts with "X",
* ends\_with("X"): every name that ends with "X",
* contains("X"): every name that contains "X",
* matches("X"): every name that matches "X", where "X" can be a regular expression,
* num\_range("x", 1:5): the variables named x01, x02, x03, x04 and x05,
* one\_of(x): every name that appears in x, which should be a character vector.

Pay attention here: When you refer to columns directly inside [**select()**](http://www.rdocumentation.org/packages/dplyr/functions/select), you don't use quotes. If you use the helper functions, you do use quotes.