Introduction to R, and links to good tutorials. Information about performing statistical calculations.

http://www.r-tutor.com/r-introduction

Quick-R can be a useful intro page for those with a bit of computer savvy:

http://www.statmethods.net/

Rstudio is a GREAT environment for working with R:

http://rstudio.org/

To install Rcmdr, a GUI interface for R, run the following bolded command in R. Rcmdr does NOT work well with Mac in our experience.

install.packages("Rcmdr")

Information about Rcmdr:

http://www.rcommander.com/