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Lab 5

1.
TDD, briefly, is the process where the tests are written before the code. More specifically, the process goes that one writes tests until there is a failure. Then the coder writes code until that test passes. Then more tests are written until it fails, etc.

2.
It indeed increases confidence. By testing at each step, one is assured that each line (more or less) is correct. That way, when wanting to make a change, one can simply run the tests to ensure that behavior is left invariant.
I'm not entirely convinced that it improves code quality in itself. It encourages, but doesn't guarantee it. IMO, any schmuck can write code to make tests pass.

3.
For some projects/tests, it gives confidence that the program works. In some cases, however, it is a bit redundant (such as in this one). The primary disadvantage that I see is that it can significantly slow down development time.