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Describe an abstract data type (ADT)

An abstract data type is a data type that utilizes abstraction to create an external interface that can help reduce complexity in your program.

Explain the advantages of an ADT

Abstract Data Types separates public/external from private/internal and adds and external view of structure and operations. ADTs also typically have a few very helpful operations such as: Create, Read, Update and Delete (CRUD).

Recall your previous experiences with ADTs

Recently I have been writing (far too much) assembly and have used a lot of stacks to temporarily store the data from registers so that it is not affected in the main program.