Things to be able to do:

1) read in your data (read.csv())

2) examine your data - unique(), str(), head(), tail(), dim(), names(), nrow(), ncol()

2) do a calculation with your data - log(), log10(), data$column1 + 10, data$column1 \* 10

3) make a new column - data$log.weight = log10(data$weight )

5) subset data - using subset(), or square brackets [], new.data = subset(data, weight<10)

6) use aggregate or table to summarize some data

8) make a histogram of a column in your data hist(data$weight)

7) write out a dataframe

8) close R without saving workspace

9) Repeat the same thing by re-running your script after clearing your workspace

10)load and install packages

helpful links:

https://greggilbertlab.sites.ucsc.edu/teaching/rtransition/

https://www.statmethods.net/