**Installing R and RStudio**

This section guides you through the installation of R, a free and open-source statistical programming language, and RStudio, a user-friendly interface for working with R.

**What you'll need:**

* A computer with internet access
* Administrator privileges (if installing on a shared computer)

**Installing R:**

1. Visit the official R website: <https://www.r-project.org/>
2. Click on "[to download R](https://cran.r-project.org/mirrors.html)".
3. Choose the appropriate version of R for your operating system (Windows, macOS, or Linux).
   * **Windows:** Download the ".exe" installer file.
   * **macOS:** Download the ".pkg" installer file.
   * **Linux:** Check your package manage.
4. Once downloaded, locate the installer file and double-click to initiate the installation process.
5. Follow the on-screen instructions for the installation wizard. It's generally recommended to keep the default settings unless you have specific requirements.
6. Once the installation is complete, you should be able to access R from your start menu (Windows), your Applications folder (macOS/linux), or your terminal (linux).

**Installing RStudio:**

1. Visit the RStudio website: <https://posit.co/download/rstudio-desktop/>
2. Click on the "Download" tab.
3. Choose the appropriate RStudio version compatible with your operating system (Windows, macOS, or Linux).
   * **Windows:** Download the ".exe" installer file.
   * **macOS:** Download the ".dmg" disk image file.
   * **Linux:** Check your package manager.
4. Follow the on-screen instructions for the installation wizard. It's generally recommended to keep the default settings unless you have specific requirements.
5. Once the installation is complete, you should be able to find an RStudio icon on your desktop or in your start menu (Windows) or Applications folder (macOS/linux).