**Task 1 :**

By employing a systematic approach, the task of sorting three integers can be efficiently completed with only three simple if statements. This demonstrates how sorting can be done in minimal steps with logical comparisons and swaps.

**Task 2 :**

The task involved identifying and counting elements of a specific type (strings) within a list that contains various data types. By using isinstance() or type(), we can easily differentiate between data types and tailor operations accordingly.

**Key Takeaway:** Both tasks reinforce the importance of basic control structures (if, loops) and the use of built-in functions for efficient problem-solving in Python.