Table View Setup on Storyboard

1. Drag your table view onto your view controller's view
2. Drag a table view cell onto your table view (this is called a prototype cell)
3. Set your prototype's reuse identifier in the attribute inspector
4. Create an outlet for your tableview to your view controller's .swift file (if it wont let you, you probably forgot to set your view controller's class in storyboard. do this in the identity inspector)

Table View Setup in Code

1. Have your view controller declare it conforms to the UITableViewDataSource protocol by listing it after it's super class (with a coma separating them)
2. Now implement the two required methods of the UITableViewDataSource protocol (numberOfRows and cellForRowAtIndexPath)
3. Finally, set your view controller to be the table view's datasource in viewDidLoad