1. In JavaScript an array is an object that is used to store data. An array has to have an ordered list of different data types. Arrays are used to store multiple values all underneath a single variable. There are two different types of arrays; array literals and array constructors. An array literal uses square brackets “[ ]”to initialize while constructors use “new Array” to initialize. An example of when you use an array could be when you want to simplify a group of things. Instead of creating multiple variables for every ocean, you can create one variable for “oceans” and include all of the oceans as elements.
2. A method is a set of instructions to perform a task, and are associated with an object. In OOP methods are tied to classes and objects and dictate what actions the objects can perform.

- push(): Adds element(s) to the end of the array.

- pop(): Removes and returns the last element of the array.

- shift(): Removes and returns the first element of the array, shifting the rest.

- unshift(): Adds element(s) to the beginning of the array, shifting existing elements.

- concat(): Joins two or more arrays into a new array.

- slice(): Returns a portion of the array as a new array.

- splice(): Modifies the array by adding/removing elements at a specific index.

- indexOf(): Returns the first index at which a specified element is found in the array.

- forEach(): Executes a provided function once for each array element.

- map(): Creates a new array by applying a provided function to each element.