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`InsertIntoArray` inserts a value into the middle (or any index) of an array by shifting elements to the right. The last element is overwritten in a fixed-size array. It has a time complexity of  $O(n)$  due to the shifting operation, and a space complexity of  $O(1)$  since it modifies the array in place. The trend observed is that as the array size increases, the time required for insertion also increases linearly.

`DeleteFromArray` deletes an element at the given index by shifting elements left. The last element becomes 0. With a time complexity of  $O(n)$  since we may need to shift the  $n-1$  elements, and a space complexity of  $O(1)$  since we modify the array in place without using additional data structures. The noted trend is that shifting elements in an array is inherently linear in terms of time complexity.

`ConcatenateNamesNaive` concatenates names using `+=` with a space before each name. With a time complexity of  $O(n^2)$  due to string immutability. The trend noted is that using `+=` for string concatenation in a loop is inefficient for large datasets.

The `ConcatenateNamesBuilder` efficiently concatenates names using a `StringBuilder` with spaces. With a time complexity of  $O(n)$  amortized time, it is significantly more efficient than `ConcatenateNamesNaive`, which has a time complexity of  $O(n^2)$  due to string immutability. The trend noted is that for small  $n$  the difference is negligible, but as  $n$  grows, the `StringBuilder` approach becomes significantly faster.

`InsertIntoList` inserts a value into a `List` at the given index. With the time complexity of  $O(n)$  for middle inserts (array-backed shifts), and amortized  $O(1)$  when adding to the end if capacity is available. The trend noted is that inserts at the start or middle of a large list take longer than inserts at the end.