Checking R version: In the console, run the command “R.Version()”. The nickname should be “Puppy Cup”. If you don’t see that nickname, you need to update R to make sure everything works well.

Step 1: Quit out of R-studio.

Step 2: Go to <https://mirror.las.iastate.edu/CRAN/>

A screenshot of a computer

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Step 3: Select macOS or Windows (depending on your OS).

FOR MACOS: This is the page you will be sent to. Before selecting “R-4.4.0-arm64.pkg” or “R-4.4.0-x86 64.pkg”, go to the apple at the top right of the window (

A paper with text and images

Description automatically generated

A screenshot of a computer

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Click on “About this Mac”. If the popup says “Chip: Apple M1” (or any other kind of M), then select the “R-4.4.0-arm64.pkg” file. If the word Intel appears, instead select the “R-4.4.0-x86 64.pkg”.

FOR WINDOWS:

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Description automatically generated

Select “base” and them “Download R-4.4.0 for Windows”A screenshot of a computer error

Description automatically generated

Step 4: Install R from the file you downloaded. Accept all the security notifications.

Step 5: Restart RStudio. In the console, try “R.Version()” again.