8) Tell me about check constraints: What are they? What are they good for? What is the advantage of putting that sort of thing inside the database?

One example of Check constraint would be “not null”. The not null check constraint allows you to tell the user who is putting in information that that is a required field. So for something like a name that would be a good idea, or a Unique identifier such as a Social Security number/CWID.

Another Example would be “varchar (with a char limited inserted here)” this tell the user that a phase can go here but there is a limit to the amount of data that can be inserted here. Since you set a limit this stops people from filling the database with useless information but allows you to have note or other information that can’t be said in a few words or acronyms.