```python
my_list = [1, 2, 3, 4, 5]

for element in my_list:
    print(element)

# range
for i in range(len(my_list)):
    print(my_list[i])

# enumerate
for index, element in enumerate(my_list):
    print(index, element)

# while loop
i = 0
while i < len(my_list):
    print(my_list[i])
    i += 1

# list comprehension
new_list = [element * 2 for element in my_list]
print(new_list)

# map function
new_list = map(lambda x: x * 2, my_list) # returns new list
print(list(new_list))
```