From slides:

Linear search - O(n)

Binary search - O(log(n))

Linear search is more efficient

If you make many searches, worthwhile to sort and use binary

From test:

Array Linear Search

197.1514 found at index 971514. Time elapsed: 7443281ns

148.2875 found at index 482875. Time elapsed: 5115687ns

196.2906 found at index 962906. Time elapsed: 1752308ns

189.0885 found at index 890885. Time elapsed: 1480784ns

199.6862 found at index 996862. Time elapsed: 2282282ns

117.5334 found at index 175334. Time elapsed: 292351ns

128.5192 found at index 285192. Time elapsed: 470361ns

103.3418 found at index 33418. Time elapsed: 55365ns

151.4686 found at index 514686. Time elapsed: 854748ns

193.6046 found at index 936046. Time elapsed: 1549392ns

Array Binary Search

185.0461 found at index 850461. Time elapsed: 84947ns

158.6946 found at index 586946. Time elapsed: 3851ns

105.8657 found at index 58657. Time elapsed: 3423ns

143.9007 found at index 439007. Time elapsed: 2909ns

160.558 found at index 605580. Time elapsed: 2542ns

146.4284 found at index 464284. Time elapsed: 2281ns

170.5314 found at index 705314. Time elapsed: 2656ns

163.6024 found at index 636024. Time elapsed: 3000ns

173.1104 found at index 731104. Time elapsed: 3052ns

135.8173 found at index 358173. Time elapsed: 3008ns

List Linear Search

List Binary Search

129.1549 found at index -291550. Time elapsed: 69590ns

150.9665 found at index -509666. Time elapsed: 9601ns

168.3525 found at index -683526. Time elapsed: 8199ns

163.5543 found at index -635544. Time elapsed: 7844ns

118.4711 found at index -184712. Time elapsed: 8878ns

198.7211 found at index -987212. Time elapsed: 8051ns

117.1144 found at index -171145. Time elapsed: 8807ns

175.7864 found at index -757865. Time elapsed: 8177ns

190.8751 found at index -908752. Time elapsed: 7913ns

159.308 found at index -593081. Time elapsed: 8651ns

Looking at the test run the linear search for arrays took a lot longer than the binary search. Even running this a couple times this still held. As for the List searches. I could not get the linear search to work, but the binary search worked. The binary search for the list took about 2-3 times longer than the binary search for the array.