Excel Write Up:

1. In order to reformat the data from wide to long format I had to enable the Pivot Chart Wizard.
2. By default it does not seem that Excel has this activated, so I had to navigate to the “More Commands” options and find the Pivot Wizard.
3. Using the Pivot Wizard, I told it to enable multiple consolidation ranges.
4. After that I picked my cell range in order to tell Excel what data I want to pivot.
5. I then told it to place the pivot table on a new worksheet.
6. After this step, it created a wide-format table with which I had to remove the column and rows fields, so I was left with only with the value field.
7. After double clicking the lone value, the long-format pivot table was created.
8. In order to delete metadata, I highlighted and deleted the metadata above and below the excel table.

Python Write Up:

1. Import pandas library.
2. Open the Excel file using pd.read\_excel.
3. Added parameters to skip metadata at both the top and bottom of the dataset.
4. Changed the data from wide to long using .stack()
5. Dropped unneeded column from the table.
6. Renamed the columns to State, Year, and Divorce Rate
7. Write to a new excel file.