What is the purpose of a forms in react?

Handling from is about how you handle the data when it changes value or gets submitted (form are usually handled by the Dom)

What does a session refer to when dealing with logins?

When a user provide Credentials for authentication at the start of a login Session

Explain Render Props

Render Props is a technique for sharing code between react components using a props

Explain one way to update a parent component from a child component

With a parent class component make it accepts some data and sets the accepted data as the parent state then pass the data to the child as a props to do the this.props followed by the method name and pass the child’s state to it as a argument

What is a higher order component?

HOC is a function that takes a component and returns a new component

How do we update and/ or replace state in react?

Best way when updated inside react components is by using setState / or useState