# Modern React with Redux Course Notes

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## Section 5: State in React Components

### 51. The Rules of State

'State' is a JS object that contains data relevant to a component. Updating 'state' on a component causes the component to (almost) instantly re-render. State must be initialized when a component is created. State can **only** be updated using the function 'setState'

### 52. Initializing State Through Constructors

In React, class components must have a render method. An optional method needed in class components is the constructor method. The constructor function is the very first function called anytime an instance of the class it is in is created. We initialize our state within the constructor function.