Getting Started with R and R Studio
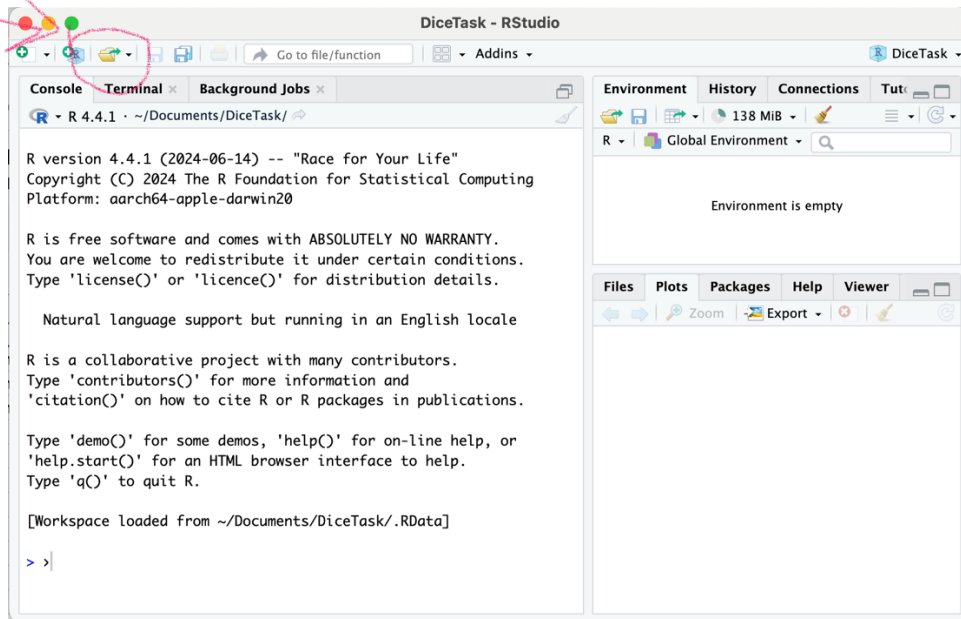
To open my R lessons, you'll first need to download and install R and R Studio.

1. Go to https://posit.co/download/rstudio-desktop/
2. Click "Download and Install R"
3. Click "Download R for . . ." and choose the option for your operating system (Linux, Mac, Windows)
4. Choose the latest release, or, if you have an older computer, choose the one that corresponds to your operating system
   a. To find your operating system, use Start → settings → System → About on Windows, or Apple menu → About this Mac on Mac.
5. Install R into a folder on your computer. If you regularly empty the downloads folder, don't use that one
6. Back at https://posit.co/download/rstudio-desktop/, go to Install RStudio. Select the version that corresponds to your operating system.
7. Install RStudio into a folder on your computer. If you regularly empty the downloads folder, don't use that one
8. Click the RStudio icon to open RStudio. You don't need to open R, RStudio will open it for you.
9. Download the R lesson you want and save it in a folder so you know where it is. I recommend making a new folder for your R lessons in your Documents folder.
10. Click on the folder icon in RStudio.

11. Open the R lesson!