

Fundamentos de Programação

2025-2026

Programming Fundamentals

Class #5 - Sequences

Overview

- The need for more than ints and floats
- Sequences
- Lists
- Tuples
- Strings

Problem

- Problem: Tracking Quiz Retakes
- Scenario:
 - A teacher wants to track how many times each student retook a quiz.
 - For example:
 - Alice retook it 2 times
 - Bruno retook it 1 time
 - Carla retook it 3 times
- The teacher wants to:
 - Record the number of retakes for each student.
 - Print a summary showing each student and their retake count.
 - Later, decide who needs extra help (e.g., students with 2+ retakes).

Possible solution (pseudo code)

Algorithm TrackRetakes

Define a group of students

For each student in the group:

 Ask how many times they retook the quiz

 Store this information in a sequence

For each entry in the sequence:

 Display the student's name and their retake count

Identify students with high retake counts

Display their names as needing extra support

End Algorithm

What do we need?

- Define a group of ...
- Store information in a sequence
- ...
- In summary: a way (or ways) of storing multiple values with a common name

Before we start our topic ...

SOME USEFUL INFORMATION

Everything is an object

- Every value in Python is an object
 - from numbers and strings to functions and modules
- Each object has:
 - ID: that identifies it during its lifetime
 - Content: the actual data it holds
 - Type: the class that defines its behavior and operations

```
type(42)          # <class 'int'>
type("hello")     # <class 'str'>
type(None)        # <class 'NoneType'>
```

type()

- The `type()` function returns the **type of an object**.
- It's useful for checking what kind of data you're working with
 - especially when debugging or validating input.

```
print(type(42))          # int
print(type(3.14))         # float
print(type(2 + 3j))        # complex
print(type("hello"))       # str
print(type(True))          # bool
print(type(None))          # NoneType
```

Types you know

- int
- float
- bool
- None
- string
- All can only store a single value
 - Except strings, if we consider they are composed by characters

id()

- In Python, **every object has a unique ID** that identifies it during its lifetime.
- You can retrieve it using the built-in **id()** function.

```
num = 10  
x = 19.1  
s = "Fundamentals"
```

```
print(f"id(num) = {id(num)}")  
print(f"id(x) = {id(x)}")  
print(f"id(s) = {id(s)}")
```

```
id(num) = 140725449065672  
id(x) = 2768649368496  
id(s) = 2768652647280
```

Functions and methods

- Function
 - Is a **block of code that performs a specific task.**
 - It can be defined anywhere
 - usually at the top level of a program or module
- Method
 - Is **a function that belongs to an object** (or class).
 - It is called using dot notation
 - because it operates on data stored in that object.

```
def greet(name):  
    print("Hello, ", name)  
  
# calling the function  
greet("Miguel")
```

```
class Person:  
    def greet(self):  
        print("I'm a person!")  
  
p = Person()  
p.greet()  
# 'greet' is a method
```

Mutable?

- **Mutable** refers to something that is capable of change.
- If an object or entity is mutable, it means its state or content can be altered after it is created.
- Examples in everyday life:
 - Our mood is mutable
 - it can shift throughout the day.
 - A document is mutable if you can edit it.
- In Python, **mutable objects** are those whose internal state (contents) can be changed after they are created
 - *without changing their identity.*

COLLECTIONS AND SEQUENCES

Collection

- Multiple values, a single name
 - Example:

```
fruits = [ 🍎, 🍊, 🍌, 🥥 ]
```

- In programming:
 - Single “variable” used to store multiple values

Sequences

- In programming languages, **sequences** are **ordered collections of elements**
 - that can be accessed, manipulated, and iterated over.
- They're fundamental structures used to **group related data** and perform operations on it efficiently

Why we need sequences?

- They help you:
 - Store multiple values under one variable name
 - Access elements by position
 - Perform batch operations
 - e.g., filtering, mapping, sorting
 - Build scalable and readable code



Key Characteristics of Sequences

- **Ordered:**
 - Elements have a defined position (index)
 - starting from 0
- **Iterable:**
 - You can iterate through them using constructs like for loops.

Key Characteristics of Sequences

- **Mutable or Immutable:**
 - Some sequences can be changed (like Python lists)
 - others cannot (like Python tuples or strings).
- **Homogeneous or Heterogeneous:**
 - Some languages enforce one data type per sequence;
 - others (like Python) allow mixed types.

Sequences

Python has several SEQUENCE TYPES.

list

```
grades =  
[85, 90, 78]
```

tuple

```
coords =  
(10, 20)
```

string

```
name =  
'António'
```

range

```
range(5)
```

Examples of sequences in python

Examples in Python

Sequence Type	Description	Example
list	Mutable, ordered collection	grades = [85, 90, 7]
tuple	Immutable, ordered collection	coords = (10, 20)
str	Immutable sequence of characters	name = "António"
range	Sequence of numbers, often used in loops	range ^⑤ → 0, 1, 2, 3, 4

IN PYTHON

Python types

Data Types

Simple types:
bool, int, float, complex

Compound types (Collections)

Sequences:
list, tuple, str, *range*

THIS LECTURE

Sets:
set, frozenset

Mappings:
dict

PYTHON LISTS

Lists

- A list is a **mutable sequence of values** of any type.
- The values in the list are called **elements** or **items**.
- They are defined using **brackets**.

```
numbers = [10, 20, 30, 40]
fruits = ['banana', 'pear', 'orange']
empty = []                      # an empty list
things = ['spam', 2.0, [1, 2]]   # a list inside a list!
```

[Play ▶](#)

What can we do with lists?

- Obtain length, sum, etc using built-in functions
- Accessing the elements
 - One or more
- Change the values
- Add / remove elements
- ...

Functions

```
numbers = [10, 20, 30, 40]
empty = []                                # an empty list
things = ['spam', 2.0, [1, 2]]    # a list inside a list!
```

- Function **len()** returns the length of a collection.

```
len(numbers)      #-> 4
len(empty)        #-> 0
len(things)       #-> 3
```

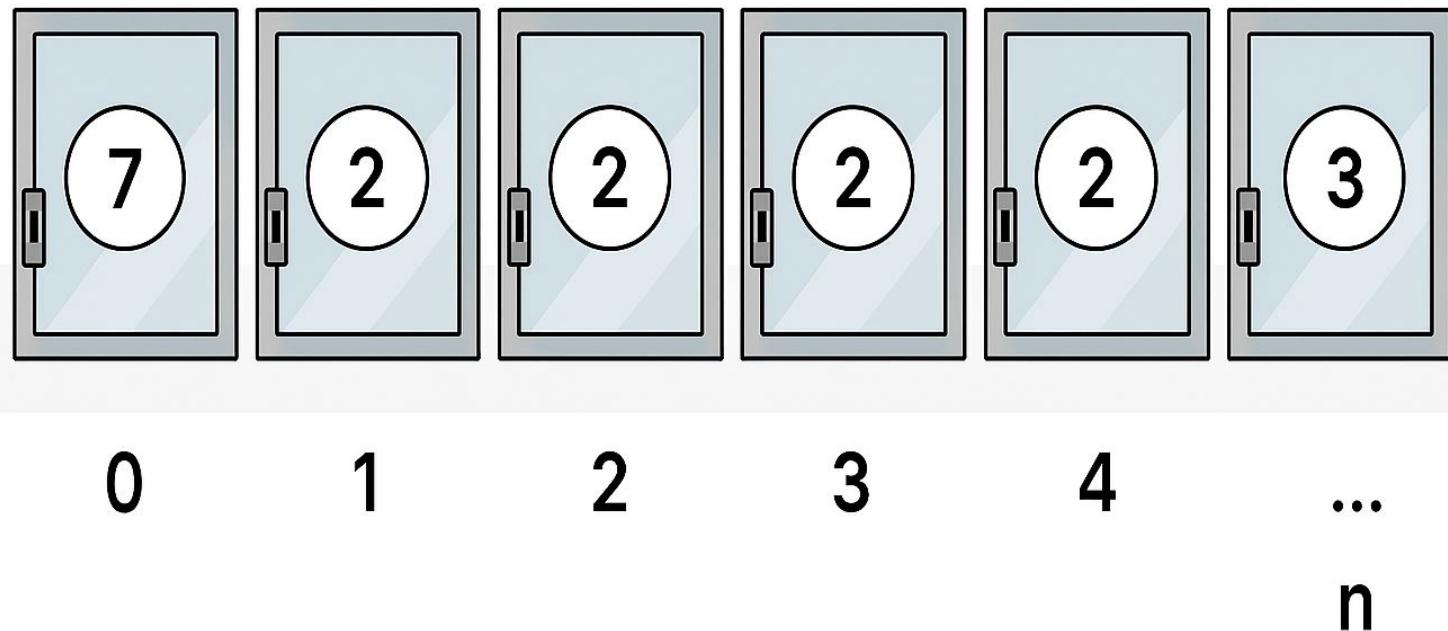
[Play ▶](#)

- Other built-in functions apply to sequences.

```
sum(numbers)      #-> 100
min(numbers)      #-> 10
max(numbers)      #-> 40
```

Accessing by position / Indexing

The basic idea:



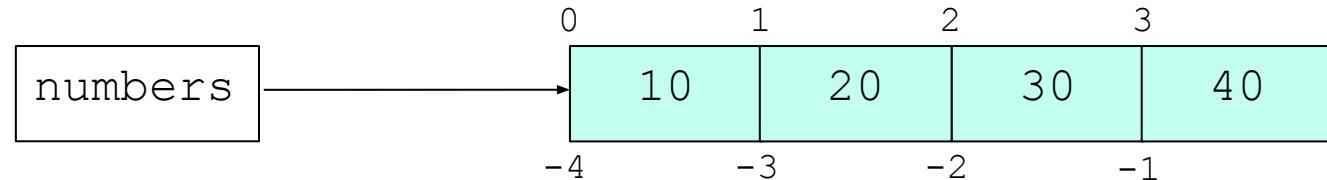
Accessing elements / Indexing

- We can **access each element** of a sequence using the bracket operator and a value – the **index**.

numbers[0] #-> 10

fruits[2] #-> 'orange'

(index starts at 0)



- A negative index counts backward from the end.

numbers[-1] #-> 40

Play ►

Accessing elements / indexing

- Any integer expression may be used as an index.

```
numbers[ (9+1)%4]    #-> 30
```

- Using an **index outside the list bounds** is an **error**.

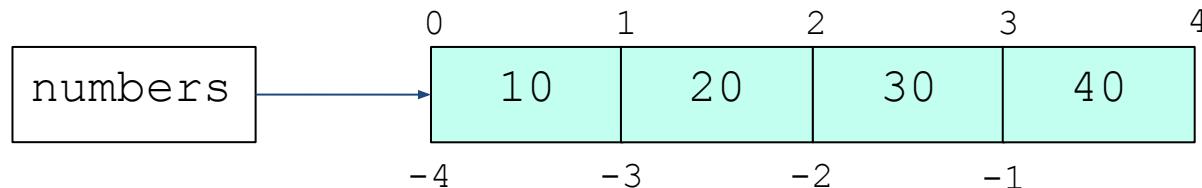
```
numbers[4]      #-> IndexError  
numbers[-5]     #-> IndexError
```

Extracting subsequences / Slicing

- We can extract a subsequence using slicing.

- Considering one previous example:

```
numbers = [10, 20, 30, 40]
```



```
numbers[1:3]
```

```
#-> [20, 30]
```

```
numbers[0:4:2]
```

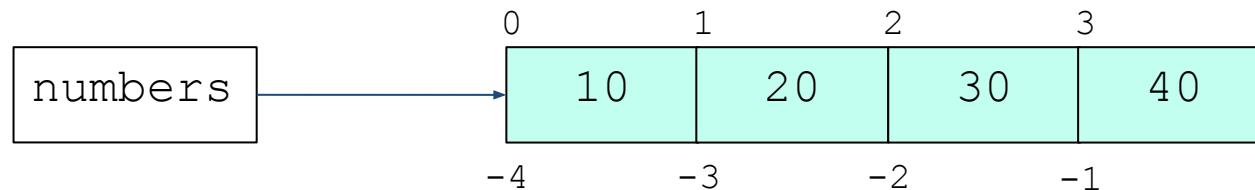
```
#-> [10, 30] (step = 2)
```

```
numbers[2:2]
```

```
#-> []
```



Extracting subsequences / Slicing



- Negative indices may be used too.

```
numbers[-4:-2]  #-> [10, 20]  
numbers[1:-1]   #-> [20, 30]
```

- Indices may be omitted for the start or end.

```
numbers[:2]    #-> [10, 20]  
numbers[3:]     #-> [40]  
numbers[:]      # a full copy of numbers
```

[Play ▶](#)

Changing list content

- As lists are **mutable**, we can change their content.

```
numbers[1] = 99
```

```
numbers      #-> [10, 99, 20, 40]
```

- We can even change a sublist.

```
numbers[2:3] = [98, 97]
```

```
numbers      #-> [10, 99, 98, 97, 40]
```

[Play ▶](#)

Changing list content

- Lists have **several methods** to change their contents.

```
lst = [1, 2]
lst.append(3) # appends 3 to end of lst → [1, 2, 3]
```

```
x = lst.pop() # removes element with higher index
# lst → [1, 2], x → 3
```

```
lst.extend([4, 5]) # lst → [1, 2, 4, 5]
lst.insert(1, 6) # lst → [1, 6, 2, 4, 5]
x = lst.pop(0) # lst → [6, 2, 4, 5], x → 1
```

[Play ►](#)

List methods

[Play ▶](#)

`lst.append(item)`

Add item to the end

`lst.insert(pos, item)`

Insert item at the given position

`lst.extend(collection)`

Add all the items in the argument

`lst.pop()`

Remove last item

`lst.pop(pos)`

Remove item in given position

`lst.remove(item)`

Remove first occurrence of given item (if any)

`lst.sort()`

Sort the items in the list

`lst.reverse()`

Reverse the order of items in the list

`lst.index(item)`

Position of first occurrence of given item

`lst.count(item)`

Number of occurrences of given item

[Mutable sequence operations \(Python documentation\)](#)

List methods in action

```
lst = ["a", "b", "c"]

# Adding items
lst.append("d")                      # add item to the end
lst.insert(2, "x")                    # insert item at the given position
lst.extend(["y", "z"])                # add all the items in the argument
                                         # equivalent to: lst += ["y", "z"]

# Removing items
r1 = lst.pop()                       # remove and return the last item
r2 = lst.pop(1)                      # remove and return the item at position

lst2 = list("abracadabra")
del lst2[0]
del lst2[1:3]

lst2.remove("a")                     # remove first occurrence of item "a"
```

List methods in action

```
lst2 = list("abracadabra")  
  
# Finding items  
idx1 = lst2.index("a") # position of first occurrence of item  
  
# Counting items  
num = lst2.count("a") # number of occurrences of item  
  
# Sorting  
lst2.sort()  
  
# Reversing  
lst2.reverse()
```

[Play ►](#)

Displaying list content / Traversing

- We already know how to access to list elements.
- Displaying its value is as simple as using print()

```
numbers = [10, 20, 30, 40]
fruits = ['banana', 'pear', 'orange']
print(fruits[1])
```

- To display all the content (elements) of a list **we only need to iterate** through all its positions.
- The **most common way** to traverse the elements of a sequence is with a **for loop**.

```
for fruit in fruits:
    print(fruit)
```

banana
pear
orange

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Displaying list content / Traversing

- We may also **traverse using the indexes**.

```
for i in range(len(fruits)):  
    print(i, fruits[i])
```

- In this case, we may use a **while** loop instead.

```
i = 0  
while i < len(fruits):  
    print(i, fruits[i])  
    i += 1
```

- It is also possible to traverse the indexes and items simultaneously.

```
for i, f in enumerate(fruits):  
    print(i, f)
```

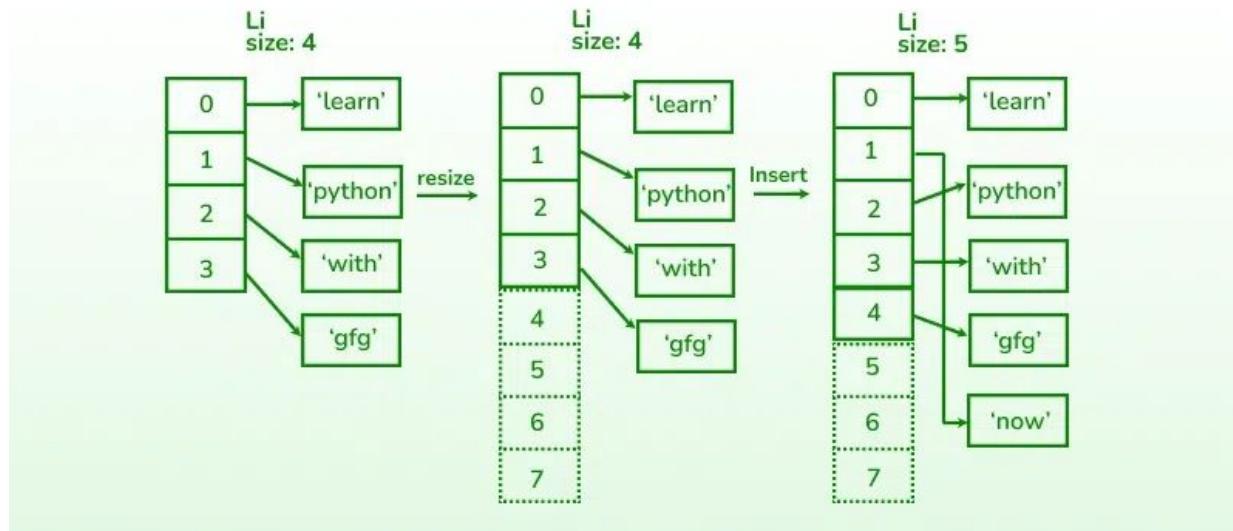
0 banana
1 pear
2 orange

Internal Representation

- Lists use a concept called **over-allocation**.
- When a list is created or extended, Python allocates more memory than is needed for the current elements.
- This minimizes the need for frequent resizing during list growth
 - which improves performance but uses more memory.

Lists in memory

- To accommodate future additions, Python pre-allocates extra memory beyond the current size of the list.
- This allocation is beyond the size of the current elements, ensuring efficient resizing for subsequent additions.
 - avoids the need to reallocate memory every time a new element is added.
- When a new element is added, it is inserted into one of the pre-allocated empty slots.



Adapted from: [Memory Management in Lists and Tuples using Python - GeeksforGeeks](#)

Exercises 1

- Do these [codecheck exercises.](#)



Exercises 2

- Do these [codecheck exercises.](#)



Sequence particularly relevant in programming are ...

SEQUENCES OF CHARACTERS (STRINGS)

Strings

- Strings are **sequences** of characters.
- String literals are **delimited by single or double quotes**.

```
fruit = 'orange'  
color = "red"
```

- Like other sequences, we can use indexing and slicing.

```
letter = fruit[0]    #-> 'o'  (1st character)  
fruit[1:4]           #-> 'ran'  
fruit[:-1]          #-> 'orang'  
fruit[::-1]          #-> 'egnaro'  
len(fruit)          #-> 6    (length of string)
```

- We can also concatenate and repeat strings.

```
name = 'tom' + 'cat'  #-> 'tomcat'  
gps = 2 * 'tom'       #-> 'tomtom'
```

- For strings, the **in operator** returns True iff the first string appears as a substring in the second.

Strings

- Characters (letters, digits, punctuation) are stored as numeric codes (according to Unicode).
 - `ord(c)` - returns the code of the character c.
 - `chr(n)` - returns the character represented by code n.
- The relational operators work on strings (and other sequences).

```
if word < 'banana':  
    print(word, 'comes before banana.')  
elif word > 'banana':  
    print(word, 'comes after banana.')  
else:  
    print('the same')
```

Strings are immutable

- Unlike lists, strings in *Python* **are immutable**.
 - Once a string is created it can't be modified.

```
fruit[0] = 'a'           #-> TypeError
```

- But we can create new strings by combining existing ones.

```
ape = fruit[:-1] + 'utan'    #=> ape = 'orangutan'
```

- Methods that imply modification return a new string object.

```
fruit.upper()            #-> 'ORANGE'
```

```
fruit.replace('a', 'A')  #-> 'orANGE'
```

```
fruit                  #-> 'orange' (not changed)
```

String traversal

- One way to traverse strings is with a for loop:

```
fruit = 'banana'  
for char in fruit:  
    print(char)
```

b
a
n
a
n
a

- Another way:

```
index = 0  
while index < len(fruit):  
    letter = fruit[index]  
    print(letter)  
    index = index + 1
```

Jack
Kack
Lack
Mack
Nack
Oack
Pack
Qack

- Application example:

```
prefixes = 'JKLMNOPQ'  
suffix = 'ack'  
for letter in prefixes:  
    print(letter + suffix)
```

Application Examples

- Counting the number of times the letter 'a' appears in a string:

```
word = 'banana'  
count = 0  
for letter in word:  
    if letter == 'a':  
        count = count + 1  
  
print(count) #-> 3
```

- Print common characters in two strings.

```
word1 = 'bananas'  
word2 = 'blues'  
for letter in word1:  
    if letter in word2:  
        print(letter)  
  
# outputs b and s
```

Reminder: For strings, the `in` operator returns True if and only if the first string appears as a substring in the second.

String methods

- Strings have **various built-in methods**, useful for:
 - Checking for different classes of characters
 - `isalpha()`, `isdigit()` ...
 - Case and format
 - `upper()`, `lower()`, `title()` ...
 - Cleanup and replace
 - `strip()`, `replace()` ...
 - Split and join
 - `split()`, `join()`

String methods

- Partial list:

[Play ▶](#)

`str.isalpha()` True if all characters are alphabetic.
`str.isdigit()` True if all characters are digits.
`str.is...` ...

`str.upper()` Convert to uppercase.
`str.lower()` Convert to lowercase.
...

`str.strip()` Remove leading and trailing whitespace.
`str.lstrip()` Remove leading whitespace.
`str.rstrip()` Remove trailing whitespace.

`str.split()` Split str by the whitespace characters.

`str.split(sep)` Split str using sep as the delimiter.

`sep.join(lst)` Join the strings in lst using delimiter sep.

[String methods \(Python documentation\)](#).

strip()

- The `strip()` method is commonly used to remove leading and trailing whitespace (or other specified characters) from strings.
- Example 1 - Cleaning user input:

```
user_input = "    hello world    "
cleaned = user_input.strip()
print(cleaned) # Output: "hello world"
```

- Example 2 – Removing specific characters

```
filename = "---report.pdf---"
cleaned_name = filename.strip("-")
print(cleaned_name) # Output: "report.pdf"
```

replace()

- Typical use case: Modify specific words or phrases in a sentence
 - great for customizing messages or correcting input.

```
text = "Hello, world!"  
new_text = text.replace("world", "António")  
print(new_text) # Output: "Hello, António!"
```

- Another example: Clean up formatted strings like IDs, phone numbers, or dates by removing punctuation.

```
cpf = "123.456.789-00"  
clean_cpf = cpf.replace(".", "").replace("-", "")  
print(clean_cpf) # Output: "12345678900"
```

split()

- Example: Splitting a Sentence into Words

```
sentence = "Programming is fun to learn"  
words = sentence.split()
```

```
print("Original sentence:", sentence)  
print("Split parts:")  
for word in words:  
    print("-", word)
```

- Example 2: Splitting by a Specific Character

```
date = "2025-10-13"  
parts = date.split("-")
```

```
print("Date parts:", parts)
```

Original sentence:
Programming is fun
to learn
Split parts:
- Programming
- is
- fun
- to
- learn

Date parts: ['2025', '10', '13']

TUPLES

Tuples

- Contrary to a list, a **tuple** is an **immutable sequence** of values of any type.
 - The values are indexed by integers, like in lists.
 - The important difference is that **tuples are immutable**.
- Syntactically, a tuple is a **comma-separated list of values**.
`t = 'a', 'b', 'c', 'd', 'e'`
- It is common (and sometimes necessary) to enclose tuples in parentheses.
`t = ('a', 'b', 'c', 'd', 'e')`
- To create a tuple with a single element, you have to include a final comma:
`t1 = ('a',)`
`type(t1) #-> <type 'tuple'>`

Tuples (2)

- Another way to create a tuple is the built-in function `tuple()`.
- With no argument, it creates an empty tuple:

```
t = tuple()      # t → ()
```

- If the argument is a sequence (string, list or tuple), the result is a tuple with the elements of the sequence:

```
t = tuple('ape')    # t → ('a', 'p', 'e')
t = tuple([1, 2])   # t → (1, 2)
```

Tuples (3)

- Most list operators also work on tuples.
- We can't modify the elements in a tuple, but we can replace one tuple with another.

```
t = (1, 2)
```

```
t = t + (3, 4)      # t → (1, 2, 3, 4)
```

Zipping and Enumerating

- The built-in function `zip()` takes two or more sequences and generates a sequence of tuples

- each containing one element from each sequence

```
s = 'abc'
```

```
t = [4, 3, 2]
```

```
list(zip(s, t))    # → [('a', 4), ('b', 3), ('c', 2)]
```



- `enumerate()` generates a sequence of (index, item) pairs.

```
enumerate('abc')    # → (0, 'a'), (1, 'b'), (2, 'c')
```

- You can use tuple assignment in a for loop to traverse a sequence of tuples:

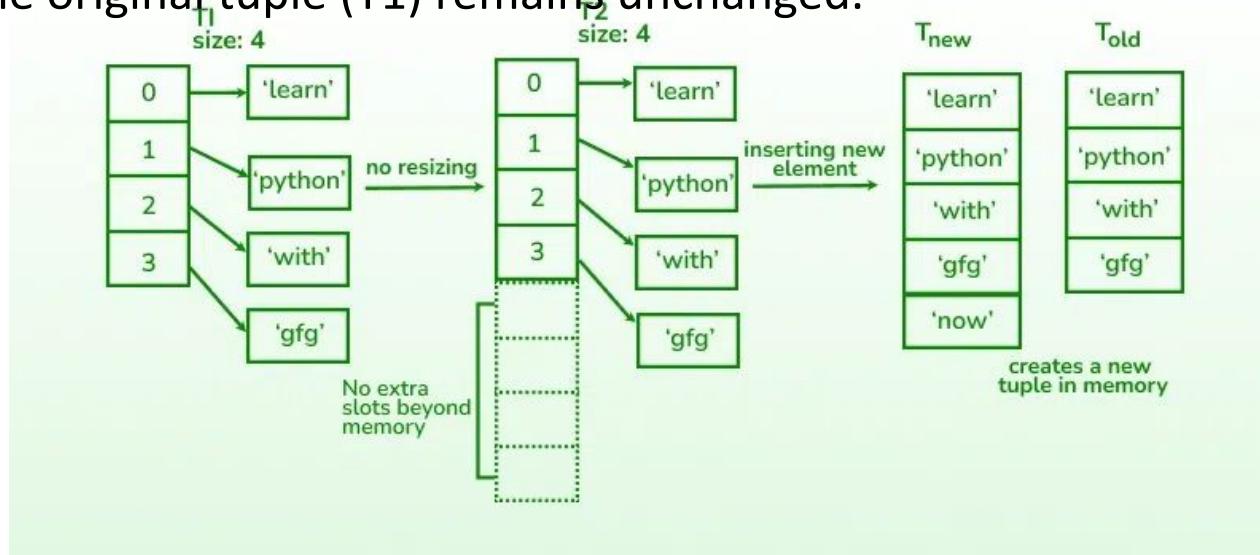
```
s = 'somestuff'
```

```
for i, c in enumerate(s):  
    print(i, c)
```

[Play ►](#)

Tuples in memory

- Memory allocated for the tuple corresponds exactly to its size.
 - No extra memory is allocated for future growth because tuples are immutable.
- When a new element ('now') "is added", a new tuple (T_{new}) is created in memory.
 - This tuple contains all the elements from the old tuple (T_1) plus the new element.
 - The original tuple (T_1) remains unchanged.



Exercises 3

- Do these [codecheck exercises.](#)



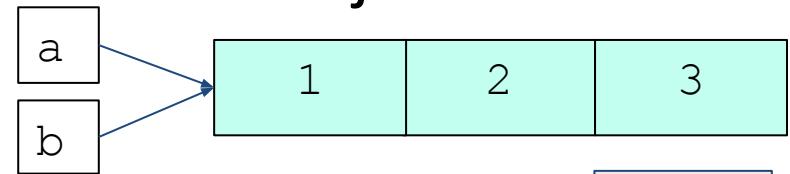
IMPORTANT CONCEPTS

Aliasing (and Mutability)

- **Aliasing** = Different names referring to the same object.
- In Python, variables store **references** to objects.

```
a = [1, 2, 3]  
b = a
```

```
# a and b refer to the same object!  
# In other words, a and b are aliases.
```



[Play ▶](#)

- We can confirm that a and b refer to the same object.

```
a is b      #-> True
```

- If object is **changed under one name**, it is **changed under all names**!

- This may seem strange, at first.

```
b[0] = 9    # object referenced by b is modified  
b          #-> [9, 2, 3] of course!  
a          #-> [9, 2, 3] even though we did not change a!
```



Aliasing and argument passing

- Aliasing occurs when we pass objects as arguments.
- If the function changes the object, this reflects outside, too.

```
def grow(lst):  
    lst.append(3)  
    return lst[0] + lst[-1]
```

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```
lst1 = [1, 2]  
x = grow(lst1)  
print(x, lst1) # What's the output?
```

- This is memory-efficient and can be very useful.
- But if you don't want it, just make a copy before changing.

```
def grow(lst):  
    r = lst[:] # makes a copy of lst  
    r.append(3)  
    return r[0] + r[-1]
```



Equality versus identity

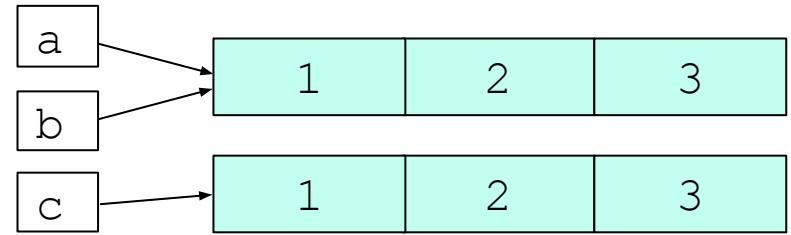
- Objects may be equal without being the same!

```
a = [1, 2, 3]
```

```
b = a
```

```
c = a[:]
```

[Play ▶](#)



Lists `c` and `a` are equal, but not the same.

- We **test equality** with `==` (or `!=`).

```
a == b      #-> True
```

```
a != b      #-> False
```

```
a == c      #-> True
```

```
a != c      #-> False
```

- We **test identity** with `is` (or `is not`).

```
a is b      #-> True
```

```
a is not b  #-> False
```

```
a is c      #-> False
```

```
a is not c #-> True
```

- Identity **implies** equality!

- Equality **does not imply** identity.

Identity and immutable types

- Don't use `is` when you mean `==` !

```
[1, 2] == [1, 2]      #-> True
```

```
[1, 2] is [1, 2]      #-> False
```

```
"abx"[:2] == "ab"    #-> True
```

```
"abx"[:2] is "ab"    #-> False (probably...)
```

```
1000+1 is 1001       #-> False (probably...)
```

- For some immutable types, Python can sometimes detect equal values and share the same object to save space.

```
"ab" is "ab"         #-> probably True, but ...
```

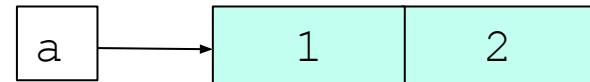
```
10+1 is 11           #-> probably True, but ...
```

- This is implementation-dependent, so do not rely on it!

Making copies / Cloning

- Sometimes, we **need to make a copy of an object**, so we can change it without changing the original.
- To **clone lists**, we may use the slicing operator `[:]`.

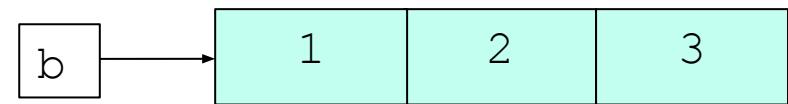
```
a = [1, 2]
```



```
b = a[:]    # slicing creates a new list
```

```
b is a  #-> False
```

```
b.append(3)
```



- We could also use the more general **copy method**.

```
b = a.copy()    # clone a  
b is a          #-> False
```

- Other mutable types (such as sets and dictionaries) also have a copy method.
- Immutable types (tuples, strings) don't need one.
 - Any operation on them creates always a new object

Ordering of sequences

- The **relational operators** work with sequences:
 - Python starts by comparing the first element from each sequence.
 - If those elements differ, it returns the result of their comparison.
 - If they are equal, it compares the next elements and repeats.

"abacus" < "abel" #-> True

(25, 4, 1974) < (25, 12, 1900) #-> True

"aula9" < "aula10" #-> False

[Play ▶](#)

- The **sorted()** function and the list **sort** method work the same way.
 - They sort primarily by first element, but in the case of a tie, they sort by second element, and so on.

SOME COMMON MISTAKES BEGINNERS MAKE WITH SEQUENCES IN PYTHON

And How to Identify & Fix Them

Conceptual confusions

String vs List Operations

- **Mistake:** Using `.append()` on a string.

```
s = "hello"
```

```
s.append("!")
```

- **Fix:** Use string concatenation: `s += "!"`

Mutability Misunderstanding

- **Mistake:** Trying to modify a tuple element.

```
t = (1, 2, 3)
```

```
t[0] = 99
```

```
# TypeError: 'tuple' object does not support item assignment
```

Indexing and Slicing Error

Off-by-One Indexing

- **Mistake:** Accessing an index that's out of range.

```
lst = [10, 20, 30]  
print(lst[3]) # IndexError
```

Incorrect Slice Boundaries

- **Mistake:** Assuming slicing includes the end index.

```
s = "abcdef"  
print(s[2:4]) # 'cd', not 'cde'
```

Copying and Identity Pitfall

Confusing Copy with Reference

- **Mistake: Modifying one list affects another**

```
a = [1, 2]
b = a
b.append(3)
print(a) # [1, 2, 3]
          # but maybe unexpected!
```

- **Fix: Use `b = a.copy()` or `b = list(a)` for a shallow copy.**

Type and Equality Confusion

Using `==` vs `is`

- **Mistake:** Checking identity instead of equality.

```
a = [1, 2]
```

```
b = [1, 2]
```

```
print(a == b) # True
```

```
print(a is b) # False
```

different objects

Iteration Mistake

Modifying a List While Iterating

- **Mistake:** Removing items during iteration.

```
nums = [1, 2, 3, 4]
for n in nums:
    if n % 2 == 0:
        nums.remove(n) # Skips elements
print(nums) # ✓ [1, 3]
```

- Fix: Iterate over a copy: `for n in nums[:]`

Membership Mistake

Using `in` with Wrong Type

- **Mistake:** Checking for a substring in a list of strings.

```
words = ["apple", "banana"]
print("app" in words) # False
                           # checks full items
```

**RETURNING TO OUR INITIAL
PROBLEM ...**

Possible Solution in Python

1 Define a group of students

```
students = ["Alice", "Bruno", "Carla", "Diana"]
```

2 For each student in the group:

```
retake_counts = []
```

```
for student in students:
```

2.1 Ask how many times they retook the quiz;

```
count = int(input(f"How many times did {student} retake the quiz? "))
```

2.2 Store this information in a sequence

```
retake_counts.append(count)
```

Possible Solution in Python (cont.)

```
# For each entry in the sequence: Display the student's name  
# and their retake count  
print("\nSummary of Retakes:")  
for i in range(len(students)):  
    print(f"{students[i]} retook the quiz {retake_counts[i]} times.")  
  
# Identify students with high retake counts  
# Display their names as needing extra support  
print("\nStudents who may need extra help:")  
for i in range(len(students)):  
    if retake_counts[i] >= 2:  
        print("-", students[i])
```