**Throttling**

Purpose

* ensure a function is called at most once in a specified period of time

Mechanism

* when an event continuously triggers, throttling will call the function only at regular intervals, ignoring any additional triggers

**Debouncing**

Purpose

* ensures a function is called only after a certain period has passed since the last triggering event

Mechanism

* when an event continuously fires, debouncing will delay the function call until after the event has stopped for a specified duration