

How-To-R: A tutorial series on coding, and data analysis for Biologists

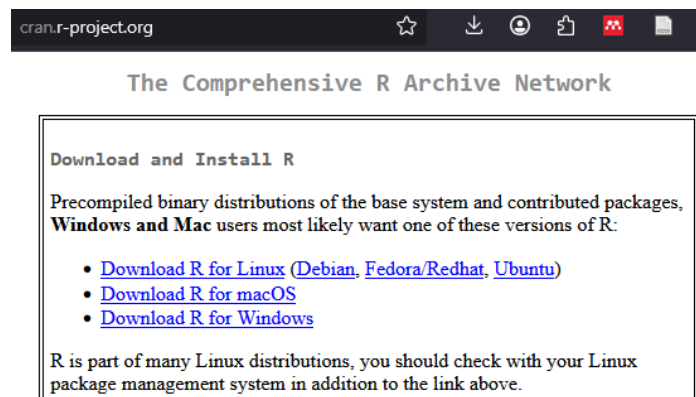
Part 0: Installing R and RStudio

0. Follow the numbered steps to prepare your machine for the R workshop

What is R?

R is a **free** programming language used in data analysis. It can import, transform, explore, plot, and model data, etc. The official source for R is The Comprehensive R Archive Network (CRAN).

1. Download R for your machine. (<https://cran.r-project.org/>)



The tutorials were made using R for Windows, but most code will work on all systems. Download and install the *base* version suitable for your machine.

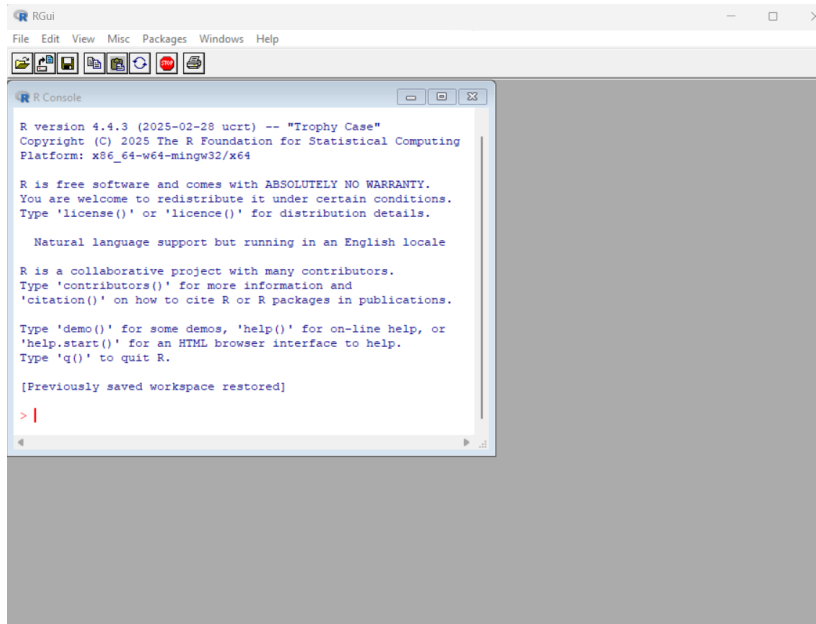
R for Windows

Subdirectories:

base	Binaries for base distribution. This is what you want to install R for the first time .
contrib	Binaries of contributed CRAN packages (for R \geq 4.0.x).
old contrib	Binaries of contributed CRAN packages for outdated versions of R (for R < 4.0.x).
Rtools	Tools to build R and R packages. This is what you want to build your own packages on Windows, or to build R itself.

2. Install R and follow instructions with default options everywhere.

3. Open R to make sure it works. It should look like this:



You can close R, and install RStudio

What is RStudio?

RStudio is a graphical front-end to work with R. Think of it like *friendlier user interface* that has other features to make R easier to look at and work with.

4. Download RStudio (<https://posit.co/download/rstudio-desktop/>)

1: Install R

RStudio requires R 3.6.0+. Choose a version of R that matches your computer's operating system.

R is not a Posit product. By clicking on the link below to download and install R, you are leaving the Posit website. Posit disclaims any obligations and all liability with respect to R and the R website.

DOWNLOAD AND INSTALL R

2: Install RStudio

DOWNLOAD RSTUDIO DESKTOP FOR WINDOWS

Size: 281.24 MB | [SHA-256: 3A553330](#) | Version: 2025.05.1+513 | Released: 2025-06-05

5. Install with default settings. It should automatically detect your installed R.
6. Try to open RStudio, and you are ready to start part 1 of the tutorial.