Set-up and Installations

Anaconda

The easiest way to download everything that you will need is to download Anaconda (Python 3.7 version), here: https://www.anaconda.com/distribution/#download-section

This will automatically download Python, Jupyter, Spyder, and a number of useful Python packages. If you prefer to download these things separately, links are below.

Python

Can be downloaded here: https://www.python.org/downloads/

Jupyter Notebooks

Use pip3 in the terminal:
-You shouldn't need to download pip because it comes with recent Python versions, but just in case, directions are here: https://pip.readthedocs.io/en/stable/installing/
-Then, in the terminal, type:
pip3 install –upgrade pip
pip3 install jupyter
More directions here: https://jupyter.readthedocs.io/en/latest/install.html

Installing Packages

If you need to install additional packages (in case they don't come with Anaconda or if you didn't download Anaconda, you can install them using pip3)
For example, to install numpy, you would type the following into your terminal:
pip3 install numpy

Launching a Python Notebook

Once you have installed Anaconda or Python + Jupyter Notebooks, you can create a Jupyter notebook in one of two ways:
-Open Anaconda in from your Applications, then click on "Launch" under Jupyter Notebooks (under the "Home" tab on the left hand panel – but it should open directly to this page), navigate to whatever folder you want, and then click "New" (upper right-hand corner) –> Notebook: Python 3.
-Alternatively, you can launch Jupyter Notebooks directly from the terminal (by typing "jupyter notebook"). If you launch from the terminal, then you can cd into any working directory before launching the notebook to start from that location, or you can navigate directly in the Jupyter window as above.