STAT425_Homework8

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11/8/2021

Question 1

1a

(a) The Lasso, relative to Ordinary Least Squares, has (iii) Less flexible and hence will give improved prediction accuracy when its increase in bias is less than its decrease in variance.

The reason why this is so is because Lasso can shrink certain predictors to 0, so it produces a model with less variance (more stable) but more bias.

1b

Ridge regression relative to Ordinary Least Squares has (ii) More flexible and hence will give improved prediction accuracy when its increase in variance is less than its decrease in bias.

Ridge regression doesn't shrink predictors to 0. As λ increases, bias increases and variance decreases and vice versa, so Ridge regression is more flexible and has a larger variance.

Question 2

First I read in the data, and load the library.

library(ISLR)
head(College)

##		Private	Apps	Accept	Enroll	Top10	perc	Top25pe	erc
##	Abilene Christian University		1660	1232		•	23		52
##	Adelphi University	Yes	2186	1924	512		16		29
##	Adrian College	Yes	1428	1097	336		22		50
##	Agnes Scott College	Yes	417	349	137		60		89
##	Alaska Pacific University	Yes	193	146	55		16		44
##	Albertson College	Yes	587	479	158		38		62
##		F.Underg	grad I	P.Under	grad Ou	tstate	Room	.Board	Books
##	Abilene Christian University	2	2885		537	7440		3300	450
##	Adelphi University	2683		:	1227	12280		6450	750
##	Adrian College	1036			99	11250		3750	400
##	Agnes Scott College	510			63	12960		5450	450
##	Alaska Pacific University	249			869	7560		4120	800
##	Albertson College		678		41	13500		3335	500
##		Personal	L PhD	Termina	al S.F.	Ratio	perc.	alumni	Expend
##	Abilene Christian University	2200	70	•	78	18.1		12	7041
##	Adelphi University	1500	29	;	30	12.2		16	10527
##	Adrian College	1165	5 53	(66	12.9		30	8735
##	Agnes Scott College	875	5 92	9	97	7.7		37	19016
##	Alaska Pacific University	1500	76	•	72	11.9		2	10922

```
73
## Albertson College
                                      675
                                           67
                                                               9.4
                                                                            11
                                                                                 9727
##
                                 Grad.Rate
## Abilene Christian University
                                        60
## Adelphi University
                                         56
## Adrian College
                                         54
## Agnes Scott College
                                         59
## Alaska Pacific University
                                         15
## Albertson College
                                         55
```

2a

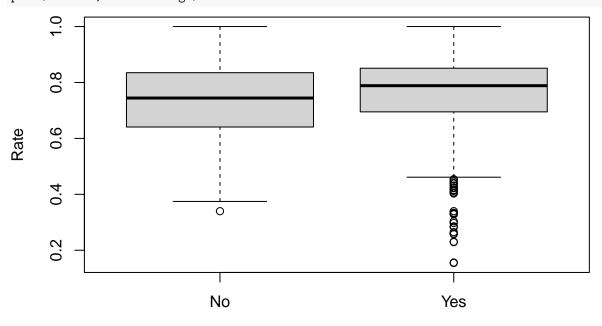
(a) Split the data set in two parts: a training and a testing data set. Choose 30% of the data at random for testing, and use the remaining for training. (Fix the seed to 425). Define the response rate as Rate = Accept/Apps. Plot this variable against every variable in the data set. In the remaining questions use the Rate variable as the response and the other variables as predictors. Do not forget to remove the Accept and Apps variables from the list of predictors.

```
set.seed(425)
College$Rate <- College$Accept/College$Apps
n <- nrow(College)
ntrain <- round(n*0.70) # 70% for training set
tindex <- sample(n, ntrain)
train <- College[tindex,-c(2,3)]
test <- College[-tindex,-c(2,3)]
dim(train)
## [1] 544 17</pre>
```

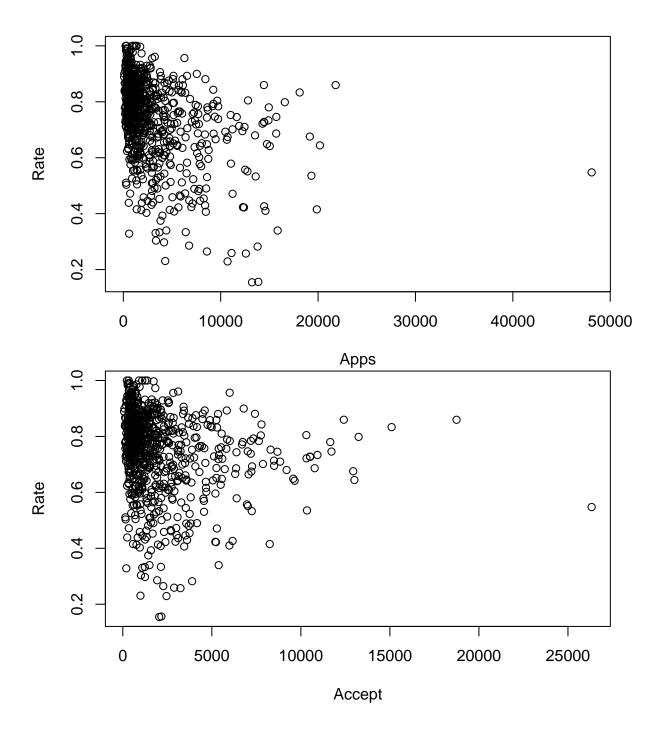
dim(test)

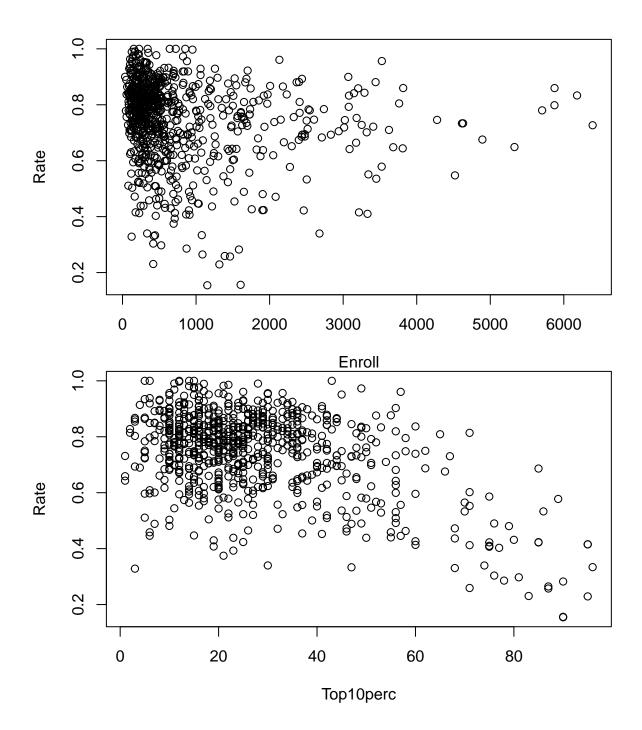
[1] 233

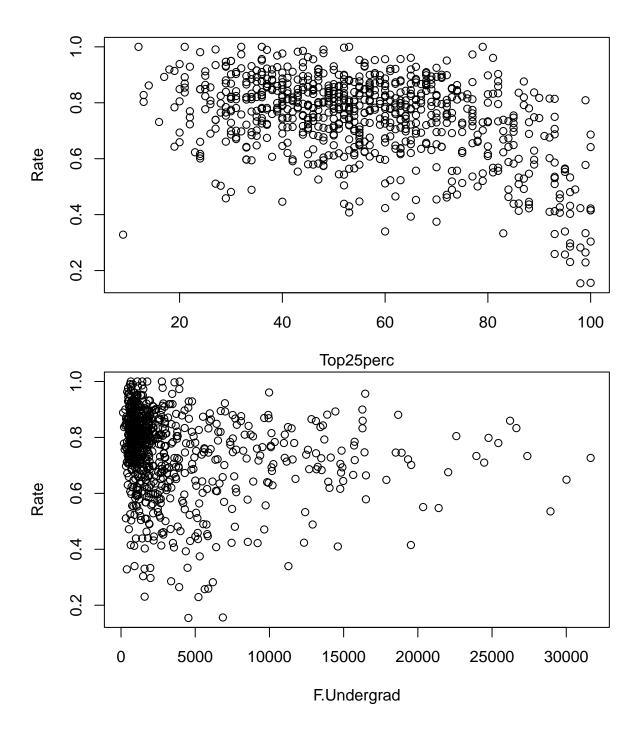
```
# Plot Rate against other variables in the data set.
plot(Rate ~., data=College)
```

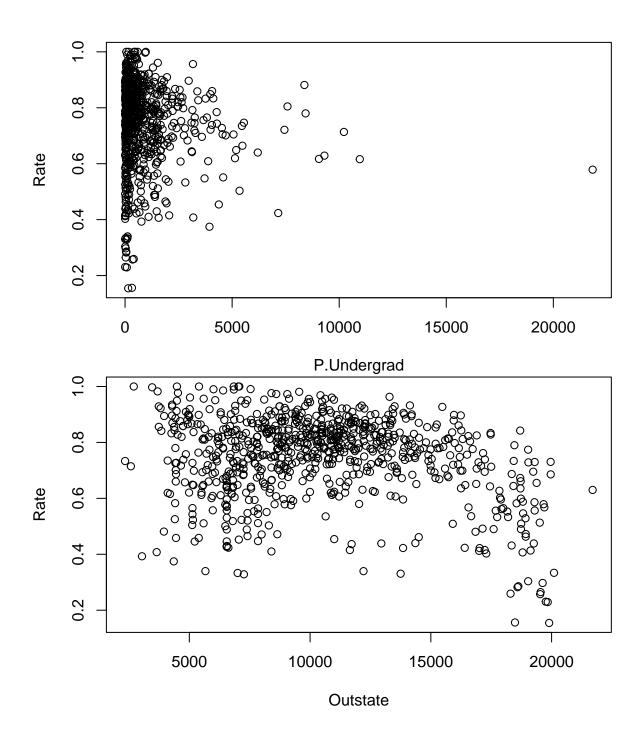


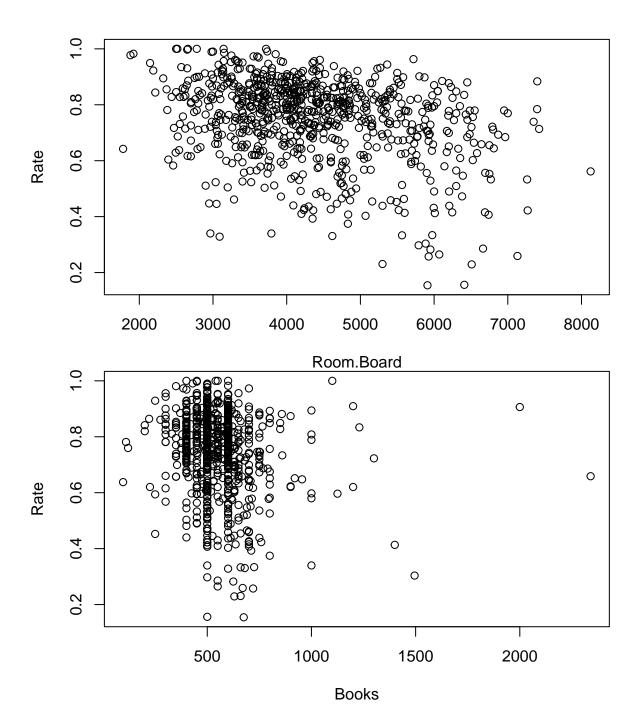
Private

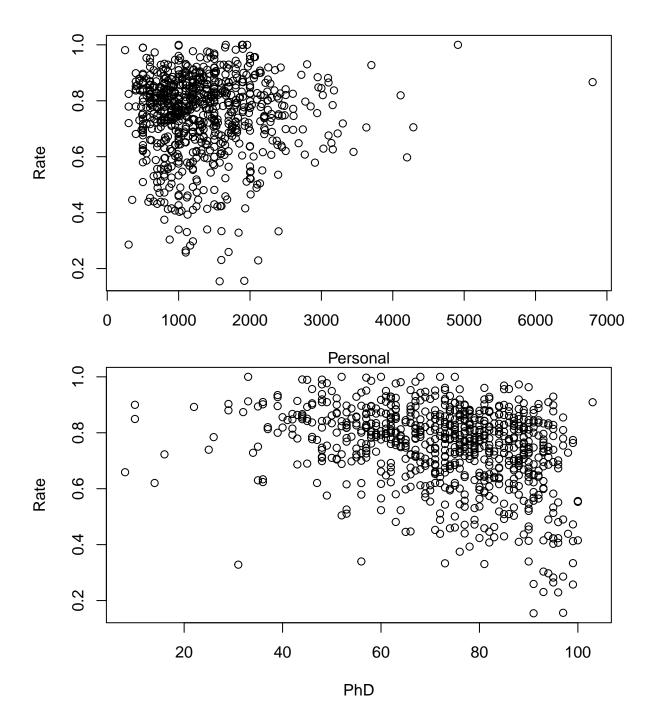


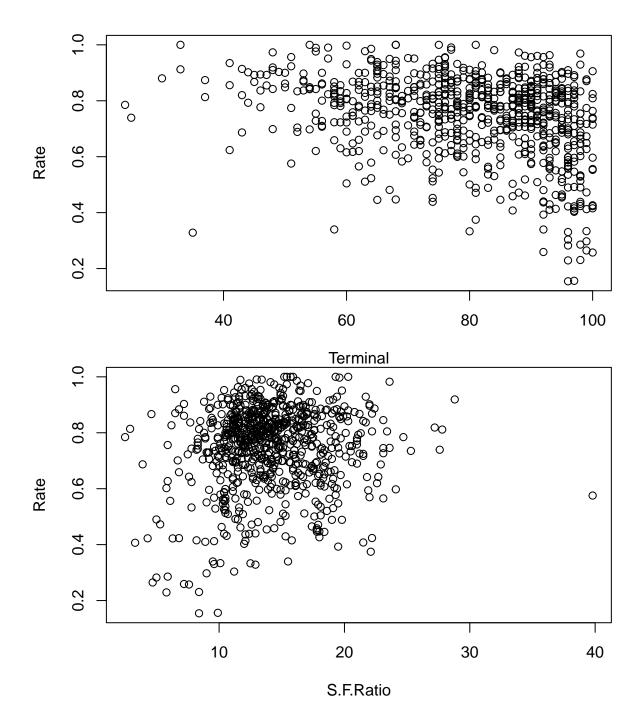


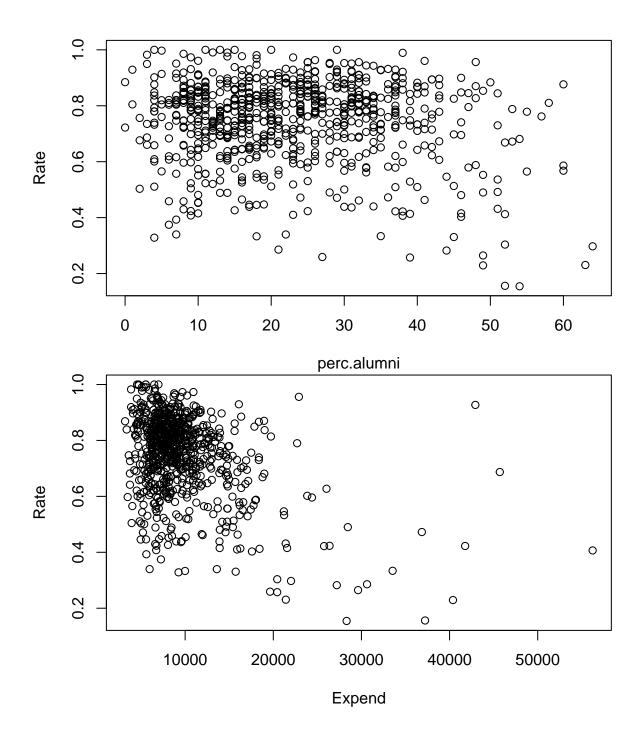


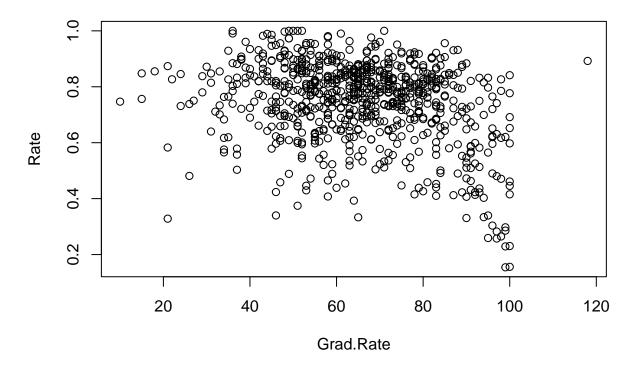












2b

(b) Fit a linear model using least squares on the training set, and report the training and testing error obtained.

```
summary(lm_model)
##
## Call:
## lm(formula = Rate ~ ., data = train)
##
##
  Residuals:
##
        Min
                  1Q
                       Median
                                     3Q
                                             Max
                      0.01067
##
   -0.54015 -0.07271
                               0.08611
##
## Coefficients:
##
                 Estimate Std. Error t value Pr(>|t|)
## (Intercept)
                1.017e+00
                          5.547e-02
                                      18.328 < 2e-16 ***
## PrivateYes
                6.430e-02
                           1.913e-02
                                        3.361 0.000834 ***
## Enroll
                5.499e-05
                           2.383e-05
                                        2.307 0.021416 *
## Top10perc
               -3.411e-03
                           7.861e-04
                                       -4.339 1.72e-05 ***
## Top25perc
                1.845e-04
                           6.488e-04
                                        0.284 0.776184
## F.Undergrad -6.529e-06
                           4.815e-06
                                       -1.356 0.175728
## P.Undergrad -1.155e-05
                           4.219e-06
                                       -2.738 0.006397 **
                                        1.627 0.104343
## Outstate
                4.223e-06
                           2.596e-06
## Room.Board
               -1.934e-05
                           7.012e-06
                                       -2.759 0.006004 **
## Books
               -1.178e-04
                           3.283e-05
                                       -3.589 0.000363 ***
## Personal
                1.087e-05
                           8.654e-06
                                        1.257 0.209488
## PhD
                1.820e-04
                           6.374e-04
                                        0.286 0.775339
                4.305e-04
                           7.035e-04
                                        0.612 0.540826
## Terminal
## S.F.Ratio
               -4.232e-03
                           1.713e-03
                                       -2.471 0.013791 *
## perc.alumni 6.123e-04 5.622e-04
                                        1.089 0.276605
```

lm_model <- lm(Rate ~ ., data=train)</pre>

```
## Expend
               -7.653e-06 1.677e-06 -4.565 6.24e-06 ***
                                     -2.925 0.003597 **
## Grad.Rate
               -1.204e-03 4.118e-04
                   0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
## Signif. codes:
## Residual standard error: 0.1222 on 527 degrees of freedom
## Multiple R-squared: 0.352, Adjusted R-squared: 0.3323
## F-statistic: 17.89 on 16 and 527 DF, p-value: < 2.2e-16
# Root mean squared error of training data. (0.120322)
rmse<-function(x,y) sqrt(mean((x-y)^2))</pre>
rmse(fitted(lm_model), train$Rate)
## [1] 0.120322
# Root mean squared error of testing data. (0.1138004)
rmse(predict(lm_model,test), test$Rate)
## [1] 0.1138004
```

2c

(c) Use AIC, BIC, and Adjusted R2 to select a potentially smaller model, from the set of all possible predictors used in the previous question. Report which model each method chose, and the training and testing errors for their chosen model(s).

```
# Do variable selection with leaps.
library(leaps)

b=regsubsets(Rate ~., data = train)
n=dim(train)[1]
msize = 1:16
rs = summary(b)

# Models tested
rs$which
```

```
(Intercept) PrivateYes Enroll Top1Operc Top25perc F.Undergrad P.Undergrad
## 1
            TRUE
                       FALSE FALSE
                                                    FALSE
                                                                FALSE
                                          TRUE
                                                                             FALSE
## 2
            TRUE
                       FALSE
                              FALSE
                                          TRUE
                                                    FALSE
                                                                FALSE
                                                                              TRUE
## 3
            TRUE
                        TRUE FALSE
                                          TRUE
                                                    FALSE
                                                                FALSE
                                                                             FALSE
            TRUE
                        TRUE FALSE
                                          TRUE
                                                    FALSE
                                                                FALSE
                                                                             FALSE
## 5
            TRUE
                        TRUE
                              FALSE
                                          TRUE
                                                    FALSE
                                                                FALSE
                                                                             FALSE
## 6
            TRUE
                        TRUE
                              FALSE
                                          TRUE
                                                    FALSE
                                                                FALSE
                                                                             FALSE
## 7
            TRUE
                        TRUE
                               TRUE
                                          TRUE
                                                    FALSE
                                                                FALSE
                                                                             FALSE
## 8
            TRUE
                        TRUE
                               TRUE
                                          TRUE
                                                    FALSE
                                                                FALSE
                                                                              TRUE
##
     Outstate Room.Board Books Personal
                                            PhD Terminal S.F.Ratio perc.alumni
## 1
        FALSE
                    FALSE FALSE
                                    FALSE FALSE
                                                    FALSE
                                                              FALSE
                                                                           FALSE
## 2
        FALSE
                    FALSE FALSE
                                    FALSE FALSE
                                                    FALSE
                                                              FALSE
                                                                           FALSE
## 3
        FALSE
                     TRUE FALSE
                                    FALSE FALSE
                                                    FALSE
                                                              FALSE
                                                                           FALSE
## 4
        FALSE
                    FALSE TRUE
                                    FALSE FALSE
                                                    FALSE
                                                              FALSE
                                                                           FALSE
## 5
        FALSE
                     TRUE TRUE
                                    FALSE FALSE
                                                    FALSE
                                                                           FALSE
                                                              FALSE
## 6
        FALSE
                     TRUE TRUE
                                    FALSE FALSE
                                                    FALSE
                                                               TRUE
                                                                           FALSE
        FALSE
## 7
                     TRUE
                           TRUE
                                    FALSE FALSE
                                                    FALSE
                                                               TRUE
                                                                           FALSE
                           TRUE
                                    FALSE FALSE
                                                               TRUE
## 8
        FALSE
                    FALSE
                                                    FALSE
                                                                           FALSE
##
     Expend Grad.Rate
## 1 FALSE
                 FALSE
```

```
## 2 FALSE
                FALSE
## 3 FALSE
                FALSE
## 4
      TRUE
                FALSE
       TRUE
## 5
                FALSE
## 6
       TRUE
                FALSE
## 7
       TRUE
                FALSE
## 8
       TRUE
                 TRUE
# adjusted R^2 values 0.2270797 0.2558832 0.2783246 0.2962523 0.3042864 0.3093118 0.3194597 0.3251439
rs$adjr2
## [1] 0.2245215 0.2484184 0.2734503 0.2918925 0.3012310 0.3085319 0.3136080
## [8] 0.3219863
which.max(rs$adjr2)
## [1] 8
# BIC values for different models: -128.5280 -143.8937 -155.2599 -163.6539 -164.6113 -163.2682 -166.035
rs$bic
## [1] -126.7305 -138.4636 -151.5980 -160.2941 -162.2274 -162.6542 -161.3775
## [8] -162.7756
which.min(rs$bic)
## [1] 8
# Aic
Aic = n*log(rs$rss/n) + 2*msize;
which.min(Aic)
## [1] 8
names(rs$which[8,])[which(rs$which[8,]==T)]
## [1] "(Intercept)" "PrivateYes"
                                    "Enroll"
                                                   "Top10perc"
                                                                  "P.Undergrad"
## [6] "Books"
                      "S.F.Ratio"
                                     "Expend"
                                                   "Grad.Rate"
So by all three criteria, we choose the 8th model.
The 8th model includes the following predictors: PrivateYes, Enroll, Top10perc, P.Undergrad, Books,
S.F.Ratio. Expend, Grad.Rate
Here are the training and test errors of model 8. The errors are slightly larger than our full model with all
predictors.
model_8th <- lm(Rate ~ Private + Enroll + Top1Operc + P.Undergrad</pre>
                + Books + S.F.Ratio + Expend + Grad.Rate, data=train)
summary(model_8th)
##
## Call:
## lm(formula = Rate ~ Private + Enroll + Top10perc + P.Undergrad +
##
       Books + S.F.Ratio + Expend + Grad.Rate, data = train)
##
## Residuals:
                       Median
                  1Q
                                      3Q
## -0.55424 -0.07651 0.01187 0.08543 0.34397
```

Coefficients:

```
## (Intercept) 1.052e+00 4.431e-02 23.733 < 2e-16 ***
## PrivateYes 7.050e-02 1.688e-02 4.177 3.45e-05 ***
## Enroll
                2.613e-05 7.778e-06 3.359 0.000837 ***
## Top10perc -2.893e-03 4.421e-04 -6.545 1.40e-10 ***
## P.Undergrad -1.275e-05 4.006e-06 -3.184 0.001539 **
## Books
             -1.325e-04 3.164e-05 -4.188 3.29e-05 ***
## S.F.Ratio -4.918e-03 1.697e-03 -2.898 0.003911 **
## Expend
              -7.254e-06 1.495e-06 -4.850 1.62e-06 ***
## Grad.Rate -1.105e-03 3.791e-04 -2.915 0.003705 **
## Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
## Residual standard error: 0.1232 on 535 degrees of freedom
## Multiple R-squared: 0.332, Adjusted R-squared: 0.322
## F-statistic: 33.23 on 8 and 535 DF, p-value: < 2.2e-16
# Train error for model 8 (0.1221655)
rmse(fitted(model_8th), train$Rate)
## [1] 0.1221655
# Test error for model 8 (0.1164683)
rmse(predict(model_8th,test), test$Rate)
## [1] 0.1164683
2d Ridge
 (d) Fit a ridge regression model on the training set, with \lambda chosen by 10-fold cross-validation. Report the
    training, cross-validated, and testing errors.
set.seed(425)
# Use 10 fold CV to find lambda.
library(glmnet)
## Loading required package: Matrix
## Loaded glmnet 4.1-2
cv.ridge <- cv.glmnet(data.matrix(train[,1:16]), train[,17], alpha=0)</pre>
bestlam = cv.ridge$lambda.min
bestlam
## [1] 0.007104901
# Fit a model with newly found best lambda.
rgmod <- glmnet(train[,1:16], train[,17], alpha=0, lambda = bestlam)
ridge_pred = predict(rgmod, s = bestlam, newx = data.matrix(test[,1:16])) # Use best lambda to predict
rmse(ridge_pred, test$Rate) # Calculate test MSE
## [1] 0.1133502
# Calculate the train MSE
ridge_pred1 = predict(rgmod, s = bestlam, newx = data.matrix(train[,1:16]))
rmse(ridge_pred1, train$Rate)
## [1] 0.1206716
```

Estimate Std. Error t value Pr(>|t|)

##

```
# Smallest mean cross validated error
cv.ridge$cvm[which.min(cv.ridge$cvm)]
```

[1] 0.01538668

2e Lasso

(e) Fit a lasso model on the training set, with λ chosen by 10-fold cross-validation. Report which variables are included in the model, and the training, cross-validated, and testing errors.

```
cv.las <- cv.glmnet(data.matrix(train[,1:16]), train[,17], alpha=1)
bestlam.las = cv.las$lambda.min
bestlam.las</pre>
```

```
## [1] 0.001079882
```

```
# Fit a model with newly found best lambda.
las.mod <- glmnet(train[,1:16], train[,17], alpha=1, lambda = bestlam.las)
las.pred = predict(las.mod, s = bestlam.las, newx = data.matrix(test[,1:16])) # Use best lambda to pred
rmse(las.pred, test$Rate) # Calculate test MSE</pre>
```

[1] 0.1134402

```
# Calculate the train MSE
las.pred1 = predict(las.mod, s = bestlam.las, newx = data.matrix(train[,1:16]))
rmse(las.pred1, train$Rate)
```

```
## [1] 0.1206919
```

```
# Smallest mean cross validated error
cv.las$cvm[which.min(cv.las$cvm)]
```

[1] 0.01567434

2f PCR

(f) Fit a PCR model on the training set, with M chosen by cross-validation. Report the test error obtained, along with the value of M selected by cross-validation

```
# Check correlation between variables
cor(data.matrix(train[,1:16]))
```

```
##
                 Private
                              Enroll
                                      Top10perc
                                                 Top25perc F.Undergrad
## Private
              1.00000000 -0.577967328
                                     0.15325799
                                                0.08088110 -0.621383166
## Enroll
             -0.57796733
                         1.000000000
                                     0.19046890
                                                0.23464493
                                                          0.968844866
## Top10perc
              0.15325799
                         0.190468904
                                     1.00000000
                                                0.89542622
                                                          0.149840633
## Top25perc
              0.08088110 0.234644926
                                     0.89542622
                                                1.00000000
                                                          0.215072653
## F.Undergrad -0.62138317
                         0.968844866
                                     0.14984063
                                                0.21507265
                                                          1.000000000
## P.Undergrad -0.48028970
                         0.486209741 -0.11909442 -0.06576051
                                                          0.552841537
## Outstate
              0.55522223 -0.187331444 0.55247002
                                                0.47757132 -0.242028779
## Room.Board
              0.33787601 -0.079963867
                                     0.38669681
                                                0.35846715 -0.100088482
## Books
             -0.01727646 0.101842523
                                    0.13690158
                                                0.12672873
                                                          0.106113636
## Personal
             0.297250608
## PhD
             -0.14449249 0.337217823 0.55451554
                                                0.57263730
                                                          0.322874759
## Terminal
             -0.12087101 0.312622884 0.51204846 0.54768652
                                                          0.304715525
## S.F.Ratio
             -0.45017444 0.226229990 -0.37727547 -0.28847723
                                                          0.267702954
## perc.alumni 0.42031342 -0.169932256
                                    0.45532374
                                                0.41395463 -0.217099138
## Expend
              0.25185835 0.046500671
                                    0.66607533 0.52956506 0.004104707
## Grad.Rate
```

```
P. Undergrad
                             Outstate
                                      Room.Board
                                                       Books
                                      0.33787601 -0.01727646 -0.267538882
## Private
              -0.48028970 0.55522223
                                                  0.10184252 0.253702182
## Enroll
               0.48620974 -0.18733144 -0.07996387
## Top10perc
              -0.11909442
                          0.55247002
                                      0.38669681
                                                  0.13690158 -0.089396774
## Top25perc
              -0.06576051 0.47757132
                                      0.35846715
                                                  0.12672873 -0.085026185
## F.Undergrad 0.55284154 -0.24202878 -0.10008848
                                                  0.10611364 0.297250608
## P.Undergrad 1.00000000 -0.29299106 -0.13240202
                                                  0.06771817
                                                              0.314900159
## Outstate
              -0.29299106
                          1.00000000
                                      0.65818397
                                                  0.02994607 -0.287768282
## Room.Board -0.13240202
                          0.65818397
                                       1.00000000
                                                  0.14986864 -0.197403614
## Books
               0.06771817
                           0.02994607
                                      0.14986864
                                                  1.00000000
                                                              0.163822293
## Personal
               0.31490016 -0.28776828 -0.19740361
                                                  0.16382229
                                                              1.000000000
## PhD
               0.13847590
                           0.39769391
                                      0.36700450
                                                  0.01813714 -0.006682589
## Terminal
               0.13190519
                           0.41918936
                                      0.40667032
                                                  0.10506802 -0.028461925
## S.F.Ratio
               0.24738767 - 0.54868266 - 0.34776064 - 0.02535027 0.110525946
## perc.alumni -0.27279746
                           0.56830741
                                      0.27610160 -0.03457483 -0.257888520
## Expend
              -0.10011229
                           0.66613880
                                       ## Grad.Rate
                                      0.42060428 -0.01504416 -0.274221443
              -0.26564694
                           0.57345152
##
                       PhD
                                         S.F.Ratio perc.alumni
                              Terminal
                                                                    Expend
              -0.144492494 -0.12087101 -0.45017444 0.42031342
## Private
                                                               0.251858352
## Enroll
               0.337217823
                            0.31262288 0.22622999 -0.16993226
                                                               0.046500671
## Top10perc
               0.554515535
                            0.51204846 -0.37727547 0.45532374
                                                               0.666075330
## Top25perc
                            0.54768652 -0.28847723 0.41395463
               0.572637302
                                                               0.529565055
## F.Undergrad 0.322874759
                            0.30471552 0.26770295 -0.21709914
                                                               0.004104707
## P.Undergrad 0.138475903
                            0.13190519 0.24738767 -0.27279746 -0.100112290
                                                               0.666138802
## Outstate
               0.397693914
                            0.41918936 -0.54868266 0.56830741
## Room.Board
               0.367004504
                            0.40667032 -0.34776064
                                                   0.27610160
                                                               0.499113480
## Books
                            0.10506802 -0.02535027 -0.03457483
               0.018137138
                                                               0.118683774
## Personal
              ## PhD
               1.000000000
                            0.84742013 -0.13254876
                                                  0.26636874
                                                               0.454216892
## Terminal
               0.847420131
                            1.00000000 -0.17208965
                                                   0.28451544
                                                               0.450321394
## S.F.Ratio
              -0.132548758 -0.17208965 1.00000000 -0.40847014 -0.573734129
## perc.alumni 0.266368739
                            0.28451544 -0.40847014
                                                   1.00000000
                                                               0.432079702
## Expend
               0.454216892
                            0.45032139 -0.57373413
                                                   0.43207970
                                                               1.000000000
## Grad.Rate
                            0.30313221 -0.33346185 0.47718931
               0.323966450
                                                               0.404485975
##
                 Grad.Rate
## Private
               0.329463876
## Enroll
              -0.003996233
## Top10perc
               0.514807164
## Top25perc
               0.503027635
## F.Undergrad -0.068072679
## P.Undergrad -0.265646939
## Outstate
               0.573451519
## Room.Board
               0.420604279
## Books
              -0.015044161
## Personal
              -0.274221443
## PhD
               0.323966450
## Terminal
               0.303132212
## S.F.Ratio
              -0.333461854
## perc.alumni 0.477189307
## Expend
               0.404485975
## Grad.Rate
               1.00000000
```

Some mild correlations found. (outstate and expend)

```
#Use function prcomp to extract the Principal Components
pc <- prcomp(x=data.matrix(train[,1:16]), scale=TRUE)</pre>
summary
## standardGeneric for "summary" defined from package "base"
## function (object, ...)
## standardGeneric("summary")
## <environment: 0x7f836b335960>
## Methods may be defined for arguments: object
## Use showMethods(summary) for currently available ones.
# So the first 6 components explain 80% of the variance in the data and the first
# 9 components explain 90% of the variance in the data. (Our best model with variable
# selection uses 8 predictors).
# Looks like PCA isn't particularly helpful for this dataset because many components
# are required to explain at least 90% variance in the data. Let's true to fit a model
# with the first 6 components.
modpcr<-lm(train[,17] ~ pc$x[,1:6]) #Using the first 6 components.
summary(modpcr)
##
## Call:
## lm(formula = train[, 17] ~ pc$x[, 1:6])
## Residuals:
##
       Min
                 1Q
                    Median
                                   3Q
                                           Max
## -0.56077 -0.08035 0.02168 0.09597 0.29183
## Coefficients:
                   Estimate Std. Error t value Pr(>|t|)
##
## (Intercept)
                  ## pc$x[, 1:6]PC1 0.0234952 0.0024098
                                        9.750 < 2e-16 ***
                                       7.246 1.5e-12 ***
## pc$x[, 1:6]PC2 0.0213676 0.0029489
## pc$x[, 1:6]PC3 -0.0159910 0.0051813 -3.086 0.002131 **
## pc$x[, 1:6]PC4 -0.0075103 0.0058772 -1.278 0.201851
## pc$x[, 1:6]PC5 -0.0205558 0.0060180 -3.416 0.000684 ***
## pc$x[, 1:6]PC6 -0.0006416 0.0064958 -0.099 0.921352
## Signif. codes: 0 '***' 0.001 '**' 0.05 '.' 0.1 ' ' 1
## Residual standard error: 0.1311 on 537 degrees of freedom
## Multiple R-squared: 0.2409, Adjusted R-squared: 0.2324
## F-statistic: 28.4 on 6 and 537 DF, p-value: < 2.2e-16
# Root mean squared error of testing data. (0.1138004)
rmse(predict(modpcr,test), test$Rate)
## Warning: 'newdata' had 233 rows but variables found have 544 rows
## Warning in x - y: longer object length is not a multiple of shorter object
## length
## [1] 0.1612622
```

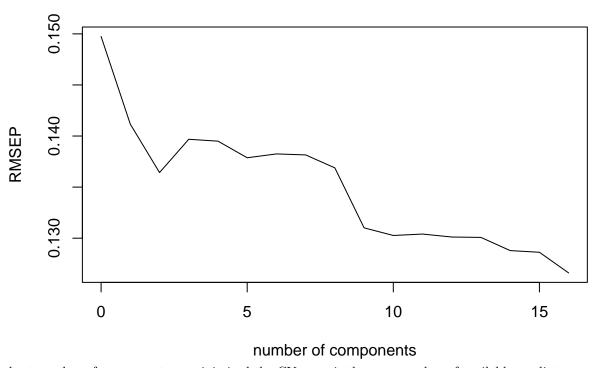
```
# The fit isn't great. R^2 is low and two predictors are not stat. significant.
# ALso the RMSE for test data is quite high compared to other models.
```

Let's try with CV.

```
library(pls)
```

```
##
## Attaching package: 'pls'
## The following object is masked from 'package:stats':
##
## loadings
set.seed(425)
modpcrcv<-pcr(train[,17] ~.,data=train,validation="CV",ncomp=16)
pcrCV<-RMSEP(modpcrcv,estimate="CV")
plot(pcrCV)</pre>
```

train[, 17]



The

best number of components to minimized the CV error is the max number of available predictors.

```
pcpred<-predict(modpcrcv,test,ncomp=16)
rmse(pcpred,test$Rate) # 0.1127521 This is the test RMSE.</pre>
```

[1] 0.1127521

2g Comments

(g) Comment on the results obtained. How accurately can we predict the acceptance rate overall? Which approach would you recommend for this data set and why?

The full model RMSE is 0.120322 for training data 0.1138004 for test data.

Using AIC, BIC, Adjusted R^2 I found that variable selection algorithm recommends us to use 8 predictors. The revised model has the RMSE 0.1221655 for training data 0.1164683 for testing data

Use Ridge regression with 10 fold CV, I found that the RMSE is 0.1206716 for training data 0.1133502 for testing data (some small improvement on the test RSME)

Use Lasso regression with 10 fold CV, I found that the RMSE is 0.1206919 for training data 0.1134402 for testing data

Use PCR with 10 fold CV, I found that the RMSE is 0.1127521 for testing data

So overall, for new data, we predict the Rate variable with 88% accuracy approx. I would recommend Ridge regression for this dataset because it shows some small improvement on the test RSME compared to other methods. PCR also has improvement, but the number of components is not reduced compared to the full model so it is not clear our significant the result is. PCR with 6 components has fairly high RMSE on test data (0.16 approx. so we'd need to use more components).