**Lesson 1: Introduction**

1. Programming involves working with data.
   1. Storing the data.
   2. Searching the data.
   3. Manipulating the data.
2. How do we store data?
   1. By using structured containers or Collections (like lists of data).
3. The three most commonly used Collections in JavaScript are:
   1. String
   2. Array
   3. Object
4. Strings aren’t regarded as Collections since Strings are a primitive data type, but they do exhibit some properties of Collections.
   1. Extracting a character from a String.
   2. Extracting a Substring from a larger String.