**Getting Oriented with Data**

The easiest means of orienting ourselves on a new dataset in R is to use the head()function, which shows us the first few rows of our data frame. At any point when looking at the first few rows, we can use bracket notation (or the $ operator) to select an individual column to explore.

Alternatively, if we're using RStudio, we can explore any data frame by clicking on it in our environment pane. By navigating through each column and classifying each data type, we can determine which columns provide measurement results, and which columns provide characteristics about our subjects.

If we're fortunate to have context provided for a given dataset via documentation or from the data collector, we should be able to identify columns and metrics of interest. However, we have not finished characterizing our data just yet—we still need to understand how values in our data are distributed.