1. What are the main functional differences between a while and a for? “while” is a general loop and “for” is a sequence loop. “while” can be useful when the number of repeated loops are not clear, but “for” should be used whenever possible.

2. What’s the difference between break and continue? “break” force exits the loop to the outside, while “continue” jumps back to top of the loop, still inside.

3. When is a loop’s else clause executed? “else” will run as the loop exits and there is no “break”.

4. How can you code a counter-based loop in Python? If using “while”, with increasing/decreasing counters. If using “for”, with a specific “range”.

5. What can a range be used for in a for loop? To run fixed number of repetitions, skip items methodically, change a list across the board, etc