Insert and Update the records

// Create a list of contacts

List<Contact> conList = new List<Contact> {

new Contact(FirstName='Joe',LastName='Smith',Department='Finance'),

new Contact(FirstName='Kathy',LastName='Smith',Department='Technology'),

new Contact(FirstName='Caroline',LastName='Roth',Department='Finance'),

new Contact(FirstName='Kim',LastName='Shain',Department='Education')};

// Bulk insert all contacts with one DML call

insert conList;

// List to hold the new contacts to update

List<Contact> listToUpdate = new List<Contact>();

// Iterate through the list and add a title only

// if the department is Finance

for(Contact con : conList) {

if (con.Department == 'Finance') {

con.Title = 'Financial analyst';

// Add updated contact sObject to the list.

listToUpdate.add(con);

}

}

// Bulk update all contacts with one DML call

update listToUpdate;