I think with using the GUI versus the CLI, each has their own benefits and downsides, especially depending on the user's level of familiarity, and also depending on the operating system. I grew up with Windows but have owned a Mac for a few years now.

One good thing about the CLI is that it is more standardized between the two. In a way, it's also more transparent. You can find anything on your computer, even if it's not in an easy-to-find place in the GUI. You can also create files slightly easier, since you have any command at your disposal, not just the short list of options given by a dropdown list in the GUI. In general, it seems more flexible and transparent.

One of the most frustrating things to me about the Mac GUI is that it seems more limited than the Windows one. In this case, learning how to use the CLI is even more valuable than on Windows, since the Mac Finder only displays so much. It can be difficult to find the files you need or to know even what files you have. Sometimes, I would run into similar issues with the Windows GUI. However, the GUI is generally nice, because obviously, it means that the average person doesn't have to know how to "code"/how to understand code. It also makes more sense to come people's brains because of the imagery, instead of the endless stream of words that is the CLI.

As for comparisons, they both generally allow you to create folders, rename/delete/edit files and folders, navigate between things, etc. They are both tools for organizing and viewing the organization of your computer. Personally, I find GUI slightly more limited, but much less confusing. Hopefully CLI will also become less confusing as I learn more, though.