

Useful R links

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Downloading R and RStudio

The first stage of working with R is to download and install R and RStudio.

- You can install R here: <https://cran.rstudio.com/>
- You can install RStudio here: <https://posit.co/download/rstudio-desktop/>

To get more help downloading and installing R and RStudio, you can watch these videos:

- [for Windows](#)
- [for Mac](#)

Running Code

When you click the **Render** button a document will be generated that includes both content and the output of embedded code. You can embed code like this:

```
1 + 1
```

```
[1] 2
```

You can add options to executable code like this

```
[1] 4
```

The `echo: false` option disables the printing of code (only output is displayed).