Dr. T-J's Guide For:

Installing Base R and RStudio

If you're new to R, the first step is getting the software set up on your computer. R comes in two pieces:

- **Base R** — the underlying programming language that does the statistical work.

- **RStudio** — a user-friendly interface (an IDE) that makes R much easier to write, run, and organize.

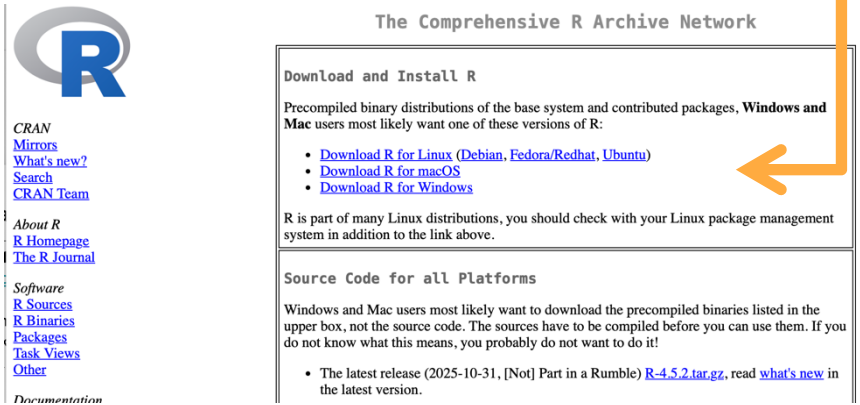
Think of Base R as the engine and RStudio as the dashboard.

Step 1: Install Base R

A. Go to the official R website

https://cran.r-project.org

CRAN (the Comprehensive R Archive Network) hosts safe, official downloads for all operating systems.



B. Choose your operating system

At the top of the page, you'll see options for:

- Download R for macOS
- Download R for Windows
- Download R for Linux

Select the one that matches your computer.

Step 1: Install Base R

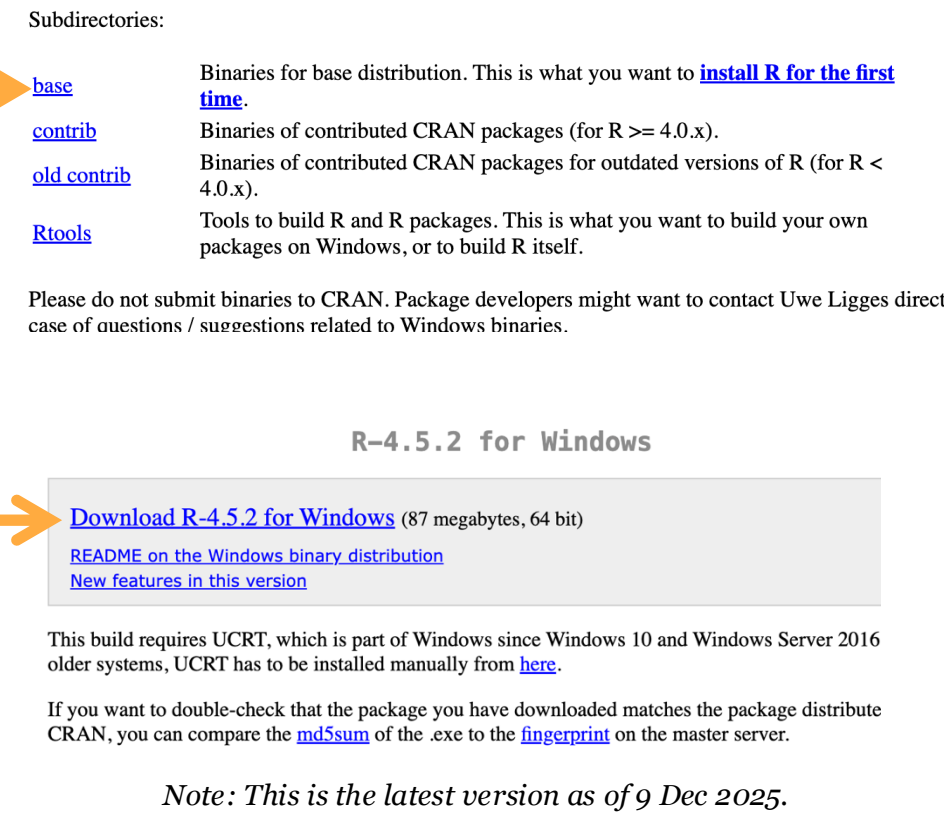
C. Download the installer

Once you click your operating system:

Windows: Click the link titled *base* and then download the latest *R-x.x.x-win.exe* file.

macOS: Choose the *.pkg* file for the latest release (usually the first link).

Linux: Follow the instructions for your specific distribution.



Note: This is the latest version as of 9 Dec 2025.

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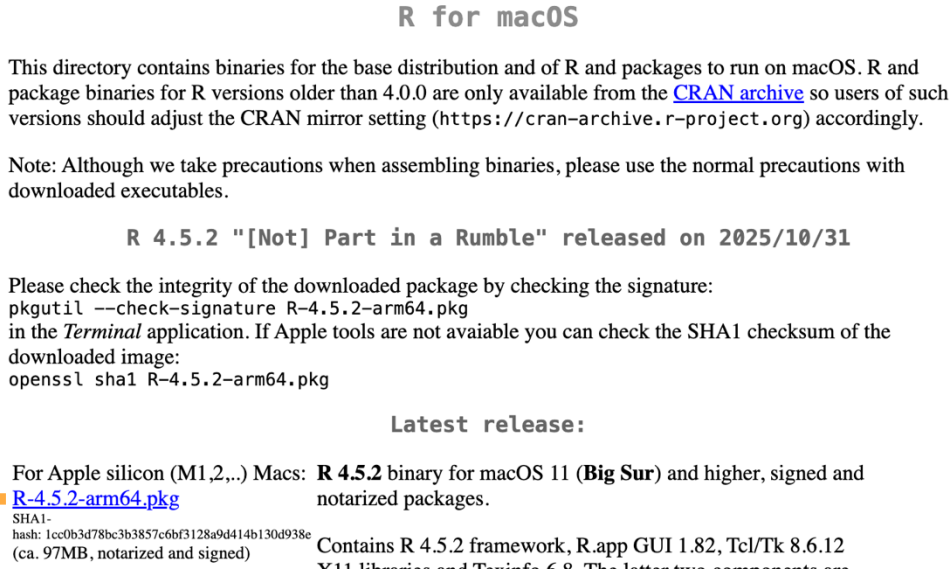

R for macOS

This directory contains binaries for the base distribution and of R and packages to run on macOS. R and package binaries for R versions older than 4.0.0 are only available from the CRAN archive so users of such versions should adjust the CRAN mirror setting (`https://cran-archive.r-project.org`) accordingly.

Note: Although we take precautions when assembling binaries, please use the normal precautions with downloaded executables.

R 4.5.2 "[Not] Part in a Rumble" released on 2025/10/31

Please check the integrity of the downloaded package by checking the signature:
`pkgutil --check-signature R-4.5.2-arm64.pkg`
in the *Terminal* application. If Apple tools are not avaiable you can check the SHA1 checksum of the downloaded image:
`openssl sha1 R-4.5.2-arm64.pkg`

Latest release:

For Apple silicon (M1,2,..) Macs: R-4.5.2-arm64.pkg SHA1-hash: 1cc0b3d78bc3b3857c6bf3128a9d414b130d938e (ca. 97MB, notarized and signed)	**R 4.5.2** binary for macOS 11 (**Big Sur**) and higher, signed and notarized packages. Contains R 4.5.2 framework, R.app GUI 1.82, Tcl/Tk 8.6.12

Note: This is the latest version as of 9 Dec 2025.

Step 1: Install Base R

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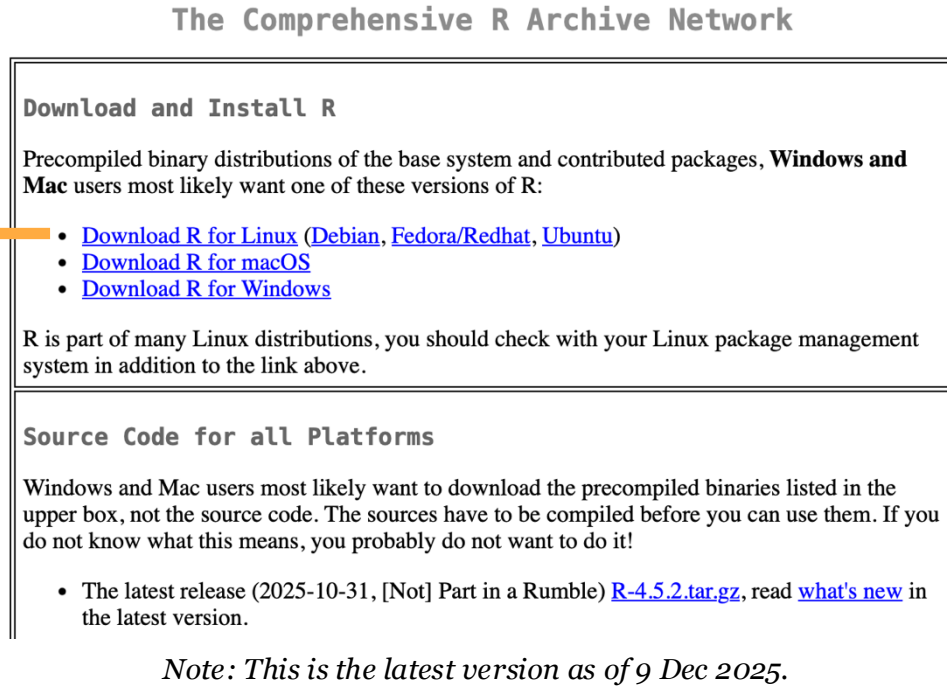


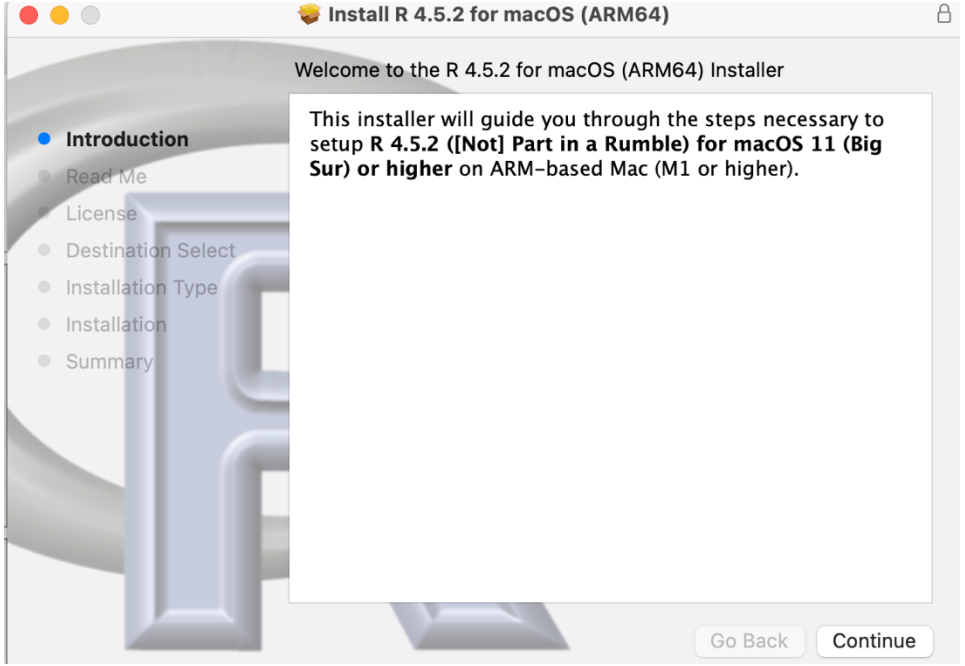
Note: This is the latest version as of 9 Dec 2025.

Step 1: Install Base R

D. Run the installer

Open the downloaded file & follow the installation steps:

- Accept defaults unless you have a reason to change them
- Approve license agreement
- Click *Next* until installation finishes

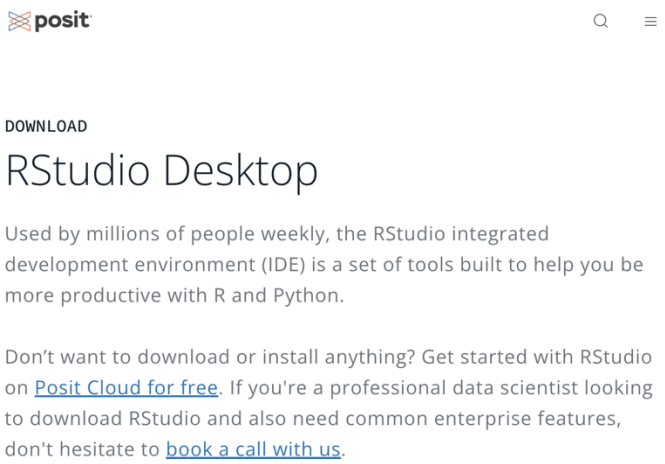


After installation, Base R is ready. However, most people don't use Base R; they use RStudio (which requires Base R). Why? RStudio gives you a cleaner interface and has panels for your code, plots, environment variables, files, and more. It makes working in R way easier.

Step 2: Install RStudio

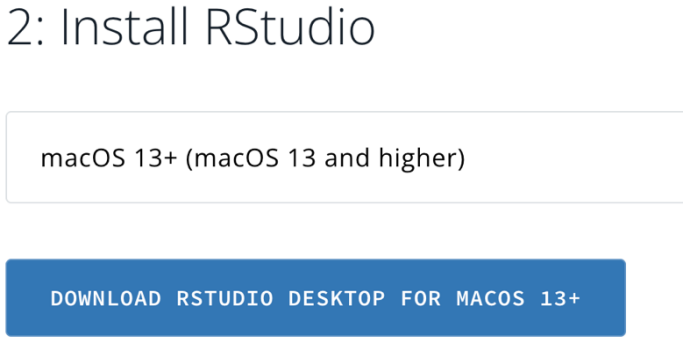
A. Go to the RStudio download page

https://posit.co/download/rstudio-desktop/



B. Download RStudio Desktop

- Scroll to Install RStudio & select your operating system version.
- Click Download RStudio Desktop.



Step 2: Install RStudio

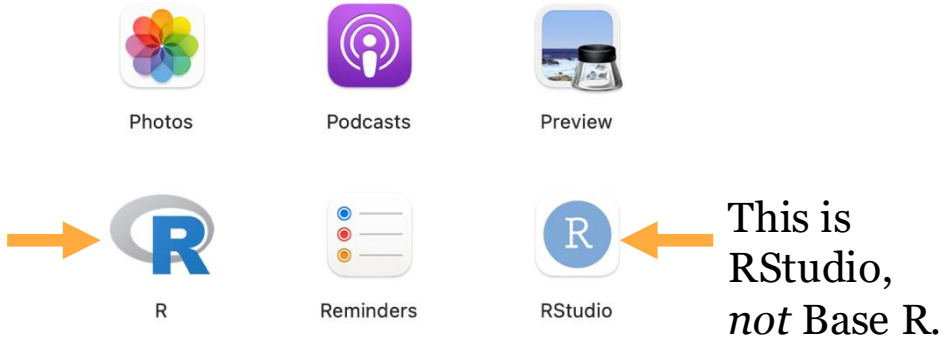
C. Install RStudio

Once the file downloads, open it & follow the installation instructions:

- Accept defaults
- Click through the setup prompts
- Wait for installation to complete

D. Open RStudio

After installation, launch RStudio. If Base R was installed correctly, RStudio will automatically detect it and open the R Console inside the interface.



You’re all set!

You now have installed:

- Base R and
- RStudio

Next, go to Dr. T-J’s Guide For: Navigating RStudio.