Java provides while loops and for loops, with variations of each. While loops check to see if a condition is true and then does whatever is described in the body as long as that condition is true. There is also a Do/While loop where it has to run at least once because the condition is at the end. For loops are similar to While loops but are setup a little different. And then there are For-Each loops that are used with arrays. (https://www.w3schools.com)

While loop – while (condition needs to be true to run) {code to be ran if true}

While loops are good if you don't know how many times it should run.

Do/While loop – do {code to be ran if true} while (condition needs to be true to run);

Do/While loops are good if you need the code to be ran at least once.

For loop – for (declare variable; define condition; change value after code is ran) {code to be ran if true}

For loops are good if you know how many times the code needs to run.

I enjoyed learning about the different types of loops but I also liked learning about conditionals, specifically switch statements.