**Assignment Solution Template: Exploring Python List Methods**

**Method [Method Name]**

**Description:**

Brief explanation of what the method does.

**Syntax:**

`[syntax here]`

**Parameters:**

`Parameter Name`: Description of the parameter.

**Return Type:**

`[Return Type]`

**Example Usage:**

```python

# Example code demonstrating the usage of the method

```

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**Conclusion:**

Summarize the methods you explored and discuss their practical applications.