List Methods

Python lists come with many useful methods, such as:

- `append()`: Adds an element to the end of the list.
- `extend()`: Adds all elements of another list to the end.
- `insert()`: Inserts an element at a specified position.
- `remove()`: Removes the first occurrence of an element.
- `pop()`: Removes and returns an element at a specified position.
- `sort()`: Sorts the list in ascending order.
- `reverse()`: Reverses the order of elements in the list.