

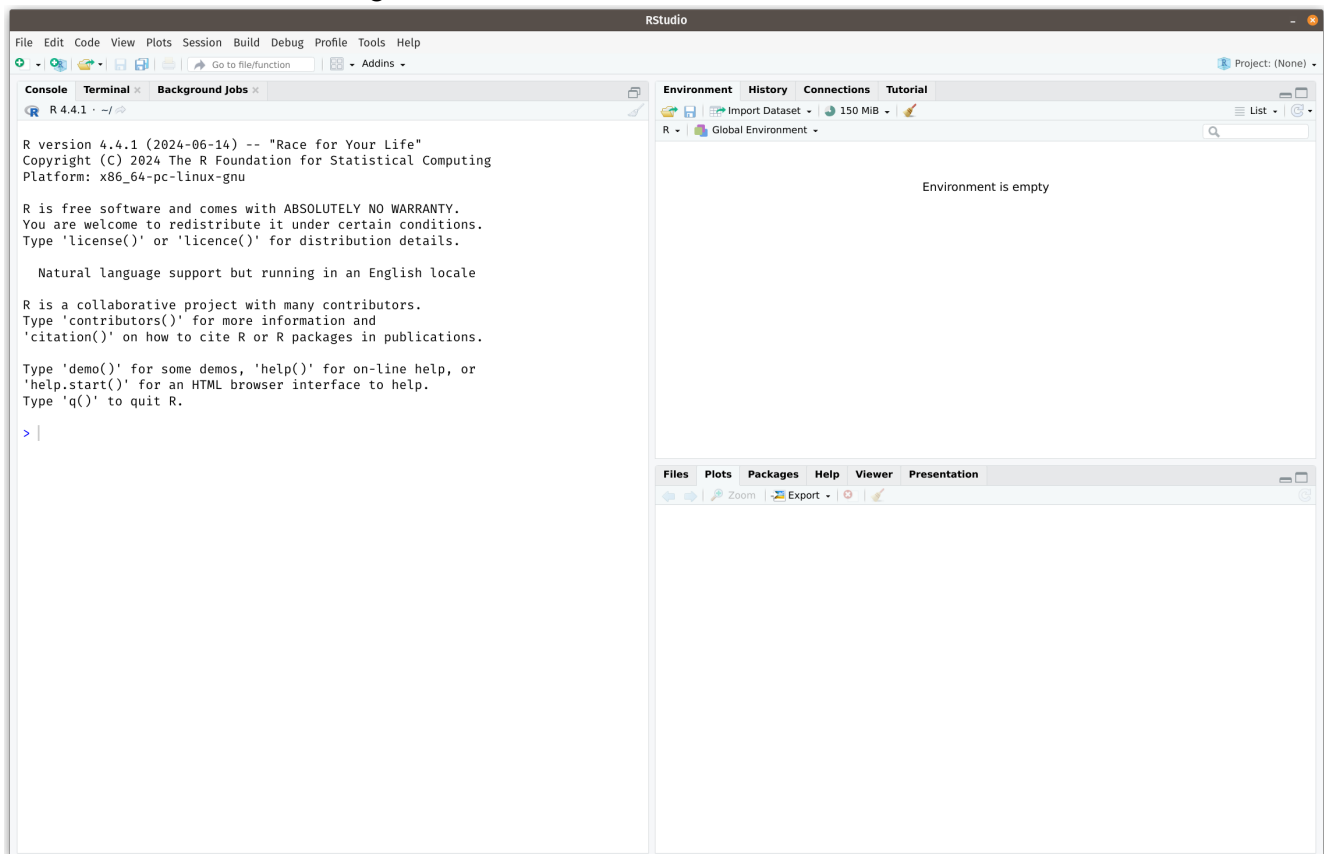
R is a programming language optimized for statistics and data analysis. Most people use R from **RStudio**, a graphical user interface (GUI) that includes a file pane, a graphics pane, and other goodies. Both R and RStudio are open source, i.e., free as in beer and free as in freedom!

Your first steps should be to install R and RStudio, in that order (if you have installed these programs before, make sure that your versions are up-to-date—if they are not, simply follow the instructions below to re-install them):

1. Download and install R from [the official website, CRAN](#). Click on “Download R for <Windows/MacOS>” and follow the instructions. If you have a Mac, make sure to select the version appropriate for your system (Apple Silicon for newer M1/M2/M3 Macs and Intel for older Macs).
2. Download and install RStudio from [the official website](#). Scroll down and select the installer for your operating system (most likely the .exe for Windows 10/11 or the .dmg for macOS 12+).

After these two steps, you can open RStudio in your system, as you would with any program. You should see something like this:

Figure 1: How RStudio looks after a clean installation.



And that's it! You've successfully installed R and RStudio.