

Appendix Download instructions: R and R Studio

You can download R directly from the Comprehensive R Archive Network (CRAN). This installation may take 20 to 30 minutes to complete.

R Installation for Windows 1. Visit <https://cran.rstudio.com/>

2. Under Download and Install R, click Download R for Windows.

3. Under Subdirectories, click base.

4. Click Download R 3.6.0 for Windows. Note that R 3.6.0 is the current version at the time of creating this tutorial. The link will automatically update to give you access to the latest version of R.

5. Save and then open the file “R-3.4.3-win.exe”, and click Run to execute it.

6. Follow the instructions in the Setup Wizard.

R Installation for (Mac) OS X 1. Visit <https://cran.rstudio.com/>

2. Under Download and Install R, click Download R for (Mac) OS X.

3. Under Files, click R-3.4.3.pkg. Note that R-3.4.3 is the current version at the time of creating this tutorial. The link will automatically update to give you access to the latest version of R.

4. Open the file “R-3.4.3.pkg” and follow the installation instructions.

RStudio Installation

You can work directly in R, but we recommend using RStudio. RStudio is a free, integrated development environment (IDE) for R.

To install RStudio: 1. Visit <https://www.rstudio.com/products/rstudio/download/>

2. Scroll to the bottom of the page. Under Installers for Supported Platforms, click on the link that corresponds to your operating system (e.g. Windows).

3. Open the downloaded file and follow the installation instructions.