**Transcript: Introducing R Commander and SPSS**

In this video, we're going to talk a little bit about R Commander and SPSS, which are the two programs that we will be using for data analysis in this lab. The first one is R Commander, which is based on R, which is a programming language. You may have heard of other programming languages such as Python or Java. R is just one of one of many programming languages, but it happens to be one that's commonly used within psychology research as well as within other types of research and within industry.

There are a number of different ways that you can use the programming language. The most common one is RStudio, which is used in the 372 and 373 class; this is a third-year statistics class that's required for the Honours program. And it's also used in the graduate-level statistics course at UBCO. It's used in a wide variety of other places including other graduate-level courses as well as in industry. If you want to stay in psychology, there's a pretty high likelihood that you're going to run into RStudio at some point. RStudio is an amazing program that's highly flexible, which means that you can use it to do just about any statistical analysis that you want, from the simplest to the most complex. The downside though, is that it does require programming skills, so it requires you to write code that then executes your analysis. This is challenging for a lot of students, particularly those who haven't encountered programming previously. For that reason, we're going to be using R Commander within this class.

R Commander is what we call a point-and-click program, which means that you don't need to write code. You don't need any programming skills. You just preselect the types of analysis that you want to do and the variables as you'll see in the subsequent labs. This has the downside of being less flexible, which means you can only do simpler types of analyses, but that also makes it great for this course, which is an introduction to statistics. This use of R Commander is also really good preparation for learning R in 372 or 373 or in grad school or in the workplace. Using R Commander will get you this exposure to programming and to the R language without requiring you to actually write code.

The other program that we're going to be using is SPSS. SPSS is really commonly used for data analysis within academia. It’s taught in some graduate programs, not in ours at UBCO, but it is taught in some other programs, and it is commonly used by professors and other supervisors, particularly those who graduated from grad school longer ago. More recent graduates tend to be more familiar with R. SPSS is also definitely more user-friendly, much like R Commander. It allows you to just point and click at the type of analysis that you want to do.

So that's a summary of the two programs that we're using. You'll get more exposure to them and be able to see the pros and cons of each, but that should give you an idea of why we're using these programs and where you might encounter them in the future.