

# Loops

This section will include videos (and exercises) on the following topics:

- for loops -- iterating over strings
- how does a "for" loop really work?
- what about the indexes?
- the "enumerate" function
- break and continue
- the "else" clause in Python loops
- iterating a number of times with "range"
- iterable vs. non-iterable objects
- "while" loops
- "for" vs "while" -- when to use each