	Linux/MacOS	Windows
current directory listing	ls	dir
list all files formatted	ls -a	dir /A
list all sub-directories	ls -R	tree
list your current location	pwd	chdir
change directory	cd	cd
make a new directory	mkdir	mkdir
remove a directory	rmdir	rmdir
remove a directory recursively	rm -r	rmdir /S
remove a file	rm	del
copy a file	cp	copy
copy a file or directory rec.	cp -r	xcopy
dump file content to screen	cat	type
pipe a single page at a time	more	more
clear the screen	clear	cls
leave the shell	exit	exit
dump system variable to screen	echo $VARIABLE	VARIABLE
build in editors	vim, pico, emacs	edit
show current computer usage	top	tasklist
quick help for commands	COMMAND --help	help COMMAND
detailed help	man COMMAND	COMMAND /?

there is many more to find on the web ...

to execute shell command within ROOT
.! ls