PRISM's Quick Guide to Importing Data*

File Extension	Type of File	Importing to SPSS	Importing to Stata	Importing to R
.sav	SPSS data file	Already in SPSS format	In SPSS use "Save As" to save as a Stata .dta file	Use foreign package
.sps	SPSS syntax file	Helps label and define non-SPSS formatted data files	If a file of this nature accompanies your data (probably in a .txt format), then you can use it to label your data. Just tell it where in your computer's directory to find the data.	
.por	SPSS portable file	Already in SPSS format	In SPSS use "Save As" to save as a Stata .dta file	Use foreign package
.txt	Text file	Use "Read Table" command	Use "Import ASCII" data	Use "read.table" command
.csv	Comma delimited file	Use "Read Table" command	Use "Import ASCII" data - note the proper delimiter	Use "read.csv" command
.raw	Raw text file	Use "Read Table" command	Use "Import ASCII unformatted" data	Use "read.table" command
.xls	Excel formated file	Use "Read Table" command	Use "Import ASCII" data after "Save As" .csv file in Excel	Use "read.xls" package and command
.dat	General data storage file	Use "Read Table" command	Treat like ASCII import	Use "read.table" command
.dta	Stata data file	Use Stat-transfer	Already in Stata format	Use foreign package

File Extension	Type of File	Importing to SPSS	Importing to Stata	Importing to R
.do	Stata syntax file		If a file of this nature accompanies your data (probably in a .txt format), then you can use it to format your data to Stata specifications. Just tell it where in your computer to find the data file and the dictionary file.	
.smcl	Stata log file			
.dct	Stata dictionary file	Helps label and define non-Stata formatted data files	If a file of this nature accompanies your data (probably in a .txt format), then you can use it to label your data with the help of the do file above.	

*These are just some quick notes based on common questions to the PRISM fellows. For a more extensive guide please refer to the PRISM brownbags: *An Introduction to Stata* and *An Introduction to R* (Christenson & Powell, 2007/08) and/or the references below. Prepared by Dino Christenson.

Good References
http://polisci.osu.edu/prism/IntrotoR07_slides.pdf
http://polisci.osu.edu/prism/IntroToStata08_Vfinal.pdf
http://cran.r-project.org/doc/manuals/R-data.pdf
http://cran.r-project.org/doc/packages/foreign.pdf
http://www.google.com/