Glossary:
⌘ = Command Key, hold it down.
⌥ = Option Key, hold it down.
^ = Control Key, hold it down.

Useful Shortcuts For Macintosh (Mentioned in Training):
⌘ + C = Copy
⌘ + X = Cut
⌘ + P = Paste
⌘ + N = New Document/Window
⌘ + O = Open a Document
⌘ + Space = Open “Searchlight” to launch programs/documents
⌘ + S = Save a Document
⌘ + W = Close current window
⌘ + W = Close all windows in current program
⌘ + O = Open a Document
⌘ + Tab = Switch between open programs
⌘ + ~ (tilde key) = Switch between windows in current program

Other Useful Shortcuts:
⌘ + N = Create a new folder
⌘ + Q = Quit current program.
⌘ + escape = Force Quit

Tab = Move around in web browser
Space = Go down one page in web browser
⌘ + shift + Tab (in firefox) = Recover most recently closed tab.