Change the case of Text

LOWER function: Converts all uppercase letters in a text string to lowercase.

Syntax:

```
LOWER(text)
```

The LOWER function syntax has the following arguments:

Text Required. The text you want to convert to lowercase. LOWER does not change characters in text that are not letters.

UPPER function: Converts text to uppercase.

Syntax:

```
UPPER(text)
```

The UPPER function syntax has the following arguments:

Text Required. The text you want converted to uppercase. Text can be a reference or text string.

PROPER function:

- Video Tutorial: Change the case of text in excel

See also:

- LOWER function - Microsoft Support
- UPPER function - Microsoft Support
- Change the case of text - Microsoft Support

Exercise : Lowercase Conversion

1. Create a new worksheet.
2. In cell A1, type "PYTHON PROGRAMMING IS FUN."
3. In cell B1, use the LOWER function to convert the text in cell A1 to lgowercase. The formula should look like this:
   =LOWER(A1). B1 should display "python programming is fun."

Exercise : Proper Case Conversion

1. Open a new Excel worksheet.
2. In cell A1, type "muhammad ahmad."
3. In cell B1, use the PROPER function to convert the text in cell A1 to proper case. The formula should look like this: =PROPER(A1). B1 should display "Muhammad Ahmad."

Exercise : Change the following text to uppercase.

```
This is a sample text.
```

Exercise: Change the following text to lowercase.

```
THIS IS A SAMPLE TEXT.
```

Exercise : Change the following text to title case.

```
this is a sample text.
```

Exercise : Create a new column called "Title Case" and use the PROPER function to convert the text in Column A to title case.

Sample Data:

Good Habits
regular exercise
healthy eating
adequate sleep
time management
mindfulness and meditation