How to change the size and resolution of an image in Adobe Photoshop CS5

Application (Version): Adobe Photoshop CS5
Task Description: How do I change the size of my image or photo or photograph? How do I change the resolution of my image or photo or photograph?

Image Size

1 - Select "Image"
2 - Select "Image Size"
This allows you to adjust the number of pixels that make up the width and height of your image. You can make pixel adjustments by percentage or pixels.

* The link icon indicates that the "Constrain Proportions" option has been checked. This keeps your image from becoming disproportioned.
You can change the width and height of your picture.
You can change your image size by:
- Percent
- Inches
- cm
- mm
- Points
- Picas
- Columns
This box allows you to change your document resolution. You can change the resolution by pixels/inch or pixels/cm. You cannot add resolution to a photograph. You must scan or start at the beginning with a higher resolution.
- For printing use 300 dpi or higher.
- For viewing on the web or on your computer screen use 100 dpi.
Make any adjustments and then click on "OK"