In recent years, the growth of Extreme Programming has encouraged the use of pair programming, both in industry and education. In pair programming programmers work in teams of two at a single terminal, alternating roles between driver and navigator. The driver has control of the keyboard, and the navigator reviews the driver’s work. There have been a number of studies that have attempted to determine the costs and benefits of pair programming in the workplace. While anecdotal evidence is mainly positive, research results have been mixed. The use of pair programming in undergraduate CS education has been shown to be a good way to improve the students' experience, and increase retention. I will review two recent studies as well as discuss an informal experiment in CS2023 this term, where students employed pair programming on most assignments.