

$$\sum_{n=1}^4 n^2 = (1^2) + (2^2) + (3^2) + (4^2) = 31$$

$$\sum_{i=1}^4 3i = (3 \cdot 1) + (3 \cdot 2) + (3 \cdot 3) + (3 \cdot 4) = 30$$

$$\sum_{i=1}^4 (3-2i) = \sum_{i=1}^4 3 - 2 \sum_{i=1}^4 i = (3+3+3+3) - 2(1+2+3+4) = 12 - 20 = -8$$

$$\sum_{i=1}^3 (2i+x) = 2 \sum_{i=1}^3 i + \sum_{i=1}^3 x = 2(1+2+3) + (x+x+x) = 12 + 3x$$

$$\sum_{i=0}^5 i \cdot (i-1) \cdot (5-i) = 0 \cdot (0-1) \cdot (5-0) + 1 \cdot (1-1) \cdot (5-1) + 2 \cdot (2-1) \cdot (5-2) + 3 \cdot (3-1) \cdot (5-3) + 4 \cdot (4-1) \cdot (5-4) + 5 \cdot (5-1) \cdot (5-5) = 30$$

$$\sum_{m=1}^4 (8K-6m) = (8K-6) + (8K-12) + (8K-18) + (8K-24)$$