Question 3 (5 marks)

By using one or more of the following identities:

$$\cos^2 x + \sin^2 x = 1$$
$$\cos 2x = \cos^2 x - \sin^2 x$$
$$\sin 2x = 2\sin x \cos x$$

evaluate exactly
$$\int_{0}^{\frac{\pi}{2}} (\sin x + \cos x)^{2} dx.$$