1. Show that the canonical Hartree-Fock equations can be expressed in terms of spatial orbitals as follows.

$$\hat{f}_{\alpha}\phi_{p_{\alpha}} = \epsilon_{p_{\alpha}}\phi_{p_{\alpha}} \qquad \qquad \hat{f}_{\alpha} = \hat{h} + \sum_{i_{\alpha}}^{n_{\alpha}} (\hat{J}_{i_{\alpha}} - \hat{K}_{i_{\alpha}}) + \sum_{i_{\beta}}^{n_{\beta}} \hat{J}_{i_{\beta}}$$

$$\hat{f}_{\beta}\phi_{p_{\beta}} = \epsilon_{p_{\beta}}\phi_{p_{\beta}} \qquad \qquad \hat{f}_{\beta} = \hat{h} + \sum_{i_{\alpha}}^{n_{\alpha}} \hat{J}_{i_{\alpha}} + \sum_{i_{\beta}}^{n_{\beta}} (\hat{J}_{i_{\beta}} - \hat{K}_{i_{\beta}})$$

- 2. Expand the spatial orbitals in problem 1. as $\phi_{p_{\omega}} = \sum_{\nu} \chi_{\nu} C_{\nu p_{\omega}}$ and project each equation by χ_{μ} in order to arrive at the Pople-Nesbet equations.
- 3. Write out a complete algorithm for solving the Pople-Nesbet equations.