Solution

$$u(t) * u(t) = tu(t)$$

Use this fact for the following convolution calculations

$$u(t-3)*[t^2\delta(t-3)-u(t+2)] = 9u(t-6)-(t-1)u(t-1)$$

$$y(t) = u(t) * u(t) * (t^{2}u(t)) = (tu(t)) * (t^{2}u(t))$$

$$= \left[\int_{0}^{t} \tau^{2}(t-\tau) d\tau \right] u(t)$$

$$= t\tau^{3}/3 - \tau^{4}/4 \Big|_{\tau=0}^{t} = t^{4}/3 - t^{4}/4 = \boxed{t^{4}/12u(t)}$$

$$u(t)*\delta(7-t/3)=\boxed{3u(t-21)}$$