Stages: 1 2 3 4 5

(a) 
$$\frac{+q}{-q}$$
  $W = \frac{1}{2} \frac{1}{C} q^2$   $W = \frac{1}{2} L \dot{q}^2$   $W = \frac{1}{2} L \dot{q}^2$   $W = \frac{1}{2} L \dot{q}^2$   $W = \frac{1}{2} k x^2$   $W = \frac{1}{2} k x^2$