Suppose $T \in \mathcal{L}(V)$ and $\lambda \in \mathbb{F}$. Prove that λ is an eigenvalue of T iff $\overline{\lambda}$ is an eigenvalue of T^*.

Given $\overline{\lambda}$ is an eigenvalue of T^*, show that λ is an eigenvalue of T. This will imply both directions, since $\lambda = \overline{\overline{\lambda}}$ and $T = T^{*^*}$