

Problem 3: Find the area of the region that is outside the curve $r = 1 - \cos \theta$ but inside the curve $r = 1$. (Source: AoPS Calculus)

The curve $r = 1 - \cos \theta$ is a cardioid, and the curve $r = 1$ is a circle. We can find the area of the region that is outside the cardioid but inside the circle by subtracting twice the area of a specific region from the area of the semicircle. The specific region we refer to is the region of the cardioid from $\theta = 0$ to $\theta = \frac{\pi}{2}$.

$$\begin{aligned}
 A &= \frac{1}{2}\pi - 2 \cdot \frac{1}{2} \int_0^{\frac{\pi}{2}} (1 - \cos \theta)^2 d\theta \\
 &= \frac{1}{2}\pi - \int_0^{\frac{\pi}{2}} (1 - \cos \theta)^2 d\theta \\
 &= \frac{1}{2}\pi - \int_0^{\frac{\pi}{2}} (1 - 2\cos \theta + \cos^2 \theta) d\theta \\
 &= \frac{1}{2}\pi - \int_0^{\frac{\pi}{2}} (1 - 2\cos \theta + \frac{1}{2}(1 - \cos 2\theta)) d\theta \\
 &= \frac{1}{2}\pi - \int_0^{\frac{\pi}{2}} (1 - 2\cos \theta + \frac{1}{2} - \frac{1}{2}\cos 2\theta) d\theta \\
 &= \frac{1}{2}\pi - \left(\theta - 2\sin \theta + \frac{1}{2}\theta - \frac{1}{4}\sin 2\theta \right) \Bigg|_0^{\frac{\pi}{2}} \\
 &= \frac{1}{2}\pi - \left(\frac{\pi}{2} - 2 + \frac{1}{2} \cdot \frac{\pi}{2} \right) \\
 &= \frac{1}{2}\pi - \left(\frac{3\pi}{4} - 2 \right) \\
 &= \boxed{2 - \frac{\pi}{4}}
 \end{aligned}$$