

Hints for Kinematics Tests and Quizzes:

- If acceleration is constant, and there's only one object, and we're only interested in one period of time (t), we only need one variable inventory!
- Trust the system I gave you! It works. Don't necessarily try to think your way through the problem; just follow the system EXACTLY.
- As you use the system, show your work - including all formulas.
- Make sure that once you've established a frame of reference, you use it consistently - all positions, velocities, and accelerations should get $+/-$ values consistent with the direction you've chosen to be positive and your zero position(s).
- You have four equations! Don't give up if the first couple don't work.
- Don't ever do the quadratic formula by hand.