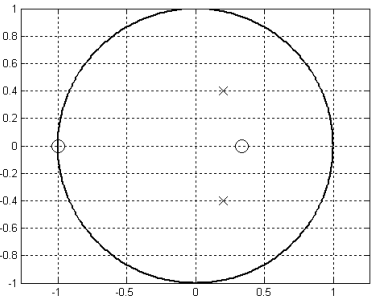
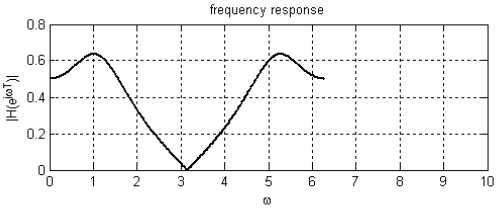
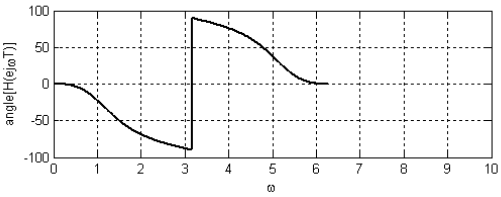
$$G(s)=\frac{s+1}{s^2+2s+2}$$

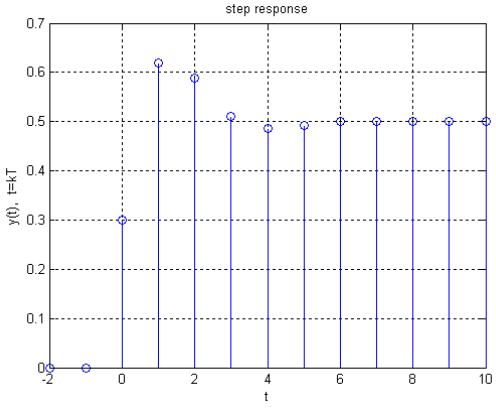
Substitute $s=\frac{2}{T}\cdot\frac{z-1}{z+1}$ (bilinear transformation)

$$T=1,\ H(z)=\frac{3z^2+2z-1}{10z^2-4z+2}$$









$$T=0.1,\ H(z)=\frac{0.21z^2+0.02z-0.19}{4.42z^2-7.96z+3.62}$$