(a) Express $2x^2 - 8x + 14$ in the form $2[(x - a)^2 + b]$. [2]

The functions f and g are defined by

$$f(x) = x^2 \quad \text{for } x \in \mathbb{R},$$
$$g(x) = 2x^2 - 8x + 14 \quad \text{for } x \in \mathbb{R}.$$

(b) Describe fully a sequence of transformations that maps the graph of $y = f(x)$ onto the graph of $y = g(x)$, making clear the order in which the transformations are applied. [4]