Here are some explanations which I hope can help you understand the ER diagram better.

a) The blue rectangle is the entity.

b) The red oval is its attribute. In addition, the double oval means it's a multi-valued attributes, the underline in an oval means it's a key attribute.

c) The green diamond is the relationship between two entities.

d) I use the Martin style to reflect the cardinality constraints. As you can see in the following pic.

