Show $7n^2+5n-1$ is $\mathcal{O}(n^2)$ Need to prove $7n^2+5n-1\leq Cn^2$ for $C>0, n>n_0$

$$7n^{2} \le 7n^{2}$$
 $5n \le 5n^{2}$ (if $n \ge 1$)
 $-1 \le 0$
 $7n^{2} + 5n - 1 \le 7n^{2} + 5n^{2}$
 $\le 12n^{2} = Cn^{2}$