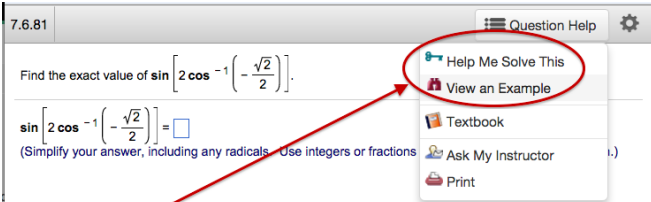


1 Novice Level

= first 1-2 homework problems with a topic

You cannot surpass novice level
if you rely too heavily on provided instructions.



The screenshot shows a math problem interface. At the top left is the problem ID "7.6.81". At the top right is a "Question Help" button with a gear icon. The problem text is "Find the exact value of $\sin \left[2 \cos^{-1} \left(-\frac{\sqrt{2}}{2} \right) \right]$." Below this is an input field containing $\sin \left[2 \cos^{-1} \left(-\frac{\sqrt{2}}{2} \right) \right] = \square$. Below the input field is the instruction "(Simplify your answer, including any radicals. Use integers or fractions)". A red circle highlights the "Question Help" menu, which contains the following options: "Help Me Solve This" (with a key icon), "View an Example" (with a book icon), "Textbook" (with a book icon), "Ask My Instructor" (with a person icon), and "Print" (with a printer icon). A red arrow points from the text "These buttons show you how to do the problem, step by step." to the "Help Me Solve This" button. Below the arrow is the text "Use them wisely, not as a crutch!". At the bottom is the text "To succeed in this class you MUST challenge yourself to complete problems on your own!".

7.6.81

Question Help

Find the exact value of $\sin \left[2 \cos^{-1} \left(-\frac{\sqrt{2}}{2} \right) \right]$.

$\sin \left[2 \cos^{-1} \left(-\frac{\sqrt{2}}{2} \right) \right] = \square$

(Simplify your answer, including any radicals. Use integers or fractions.)

Help Me Solve This

View an Example

Textbook

Ask My Instructor

Print

These buttons show you how to do the problem, step by step.

Use them wisely,
not as a crutch!

To succeed in this class you MUST challenge yourself
to complete problems on your own!

2 Competent Level

= after many homework problems & additional studying

You cannot surpass the competence level
if you don't test yourself frequently.

The screenshot shows a math problem interface. At the top left, the problem number "7.6.81" is circled in red. A red arrow points from this number to the text "Seek out MORE than just the assigned HW!". Below this, another red arrow points from the text "Look for the book section reference and go find more problems in the book." to the same "7.6.81" number. A third red arrow points from the text "Take the initiative and quiz yourself regularly using extra book problems!" to the problem number. The problem itself asks to find the exact value of $\sin \left[2 \cos^{-1} \left(-\frac{\sqrt{3}}{2} \right) \right]$. Below the problem, there is a text box for the answer and a prompt: "(Simplify your answer, including any radicals. Use integers or fractions for any numbers in the expression.)".

7.6.81

Find the exact value of $\sin \left[2 \cos^{-1} \left(-\frac{\sqrt{3}}{2} \right) \right]$.

$\sin \left[2 \cos^{-1} \left(-\frac{\sqrt{3}}{2} \right) \right] = \square$

(Simplify your answer, including any radicals. Use integers or fractions for any numbers in the expression.)

Seek out MORE than just the assigned HW!

Look for the book section reference and go find more problems in the book.

Take the initiative and quiz yourself regularly using extra book problems!

In Problems 81–92, find the exact value of each expression.

81. $\sin \left(2 \sin^{-1} \frac{1}{2} \right)$

82. $\sin \left[2 \sin^{-1} \frac{\sqrt{3}}{2} \right]$

83. $\cos \left(2 \sin^{-1} \frac{3}{5} \right)$

84. $\cos \left(2 \cos^{-1} \frac{4}{5} \right)$

3 Proficient Level **= your goal before each quiz**

Quiz = practice exam.

To perform at the proficiency level,
get substantial help *before quizzes*.