

392.  $\int_{-\frac{1}{2}}^{\frac{1}{2}} \frac{dx}{\sqrt{1-x^2}}$

$$\begin{aligned} \text{Using } a^2 - u^2 : \quad u &= a \sin(\theta) \quad \text{where } -\frac{\pi}{2} < \theta < \frac{\pi}{2} \\ \Rightarrow x &= \sin \theta \quad dx = \cos \theta d\theta \quad \theta = \sin^{-1} x \\ x_{\text{lower}} &= \sin\left(-\frac{1}{2}\right) \quad x_{\text{upper}} = \sin\left(\frac{1}{2}\right) \\ \int_{\sin(-\frac{1}{2})}^{\sin(\frac{1}{2})} \frac{\cos \theta d\theta}{\sqrt{1 - \sin^2 \theta}} &= \int_{\sin(-\frac{1}{2})}^{\sin(\frac{1}{2})} \frac{\cos \theta d\theta}{\sqrt{\cos^2 \theta}} \\ &= \int_{\sin(-\frac{1}{2})}^{\sin(\frac{1}{2})} \frac{\cos \theta d\theta}{\sqrt{1 - \sin^2 \theta}} = \int_{\sin(-\frac{1}{2})}^{\sin(\frac{1}{2})} \frac{\cos \theta d\theta}{\cos \theta} \\ &= \int_{\sin(-\frac{1}{2})}^{\sin(\frac{1}{2})} d\theta = \theta \Big|_{\sin(-\frac{1}{2})}^{\sin(\frac{1}{2})} = \sin^{-1} x \Big|_{-\frac{1}{2}}^{\frac{1}{2}} = \sin^{-1}\left(\frac{1}{2}\right) - \sin^{-1}\left(-\frac{1}{2}\right) \\ &= \frac{\pi}{6} - \left(-\frac{\pi}{6}\right) = \boxed{\frac{\pi}{3}} \end{aligned}$$

400.  $\int \frac{dx}{25+16x^2}$

$$\begin{aligned} \text{Using } a^2 + u^2 : \quad u &= a \tan \theta \quad \text{where } -\frac{\pi}{2} < \theta < \frac{\pi}{2} \\ \Rightarrow 4x &= 5 \tan \theta \quad dx = \frac{5}{4} \sec^2 \theta d\theta \quad \theta = \tan^{-1}\left(\frac{4x}{5}\right) \\ \int \frac{5 \sec^2 \theta d\theta}{4(25 + 25 \tan^2 \theta)} &= \int \frac{5 \sec^2 \theta d\theta}{100(1 + \tan^2 \theta)} \\ &= \frac{1}{20} \int \frac{\sec^2 \theta d\theta}{\sec^2 \theta} = \frac{1}{20} \int d\theta = \frac{\theta}{20} + C = \boxed{\frac{\tan^{-1}\left(\frac{4x}{5}\right)}{20}} \end{aligned}$$

424.  $\int \frac{e^t}{1+e^t} dt$

$$\begin{aligned} \text{let } u &= 1 + e^t \quad du = e^t dt \\ \int \frac{e^t}{1+e^t} dt &\Rightarrow \int \frac{du}{u} = \ln|u| + C = \boxed{\ln(1+e^t) + C} \end{aligned}$$