Solution

To find the vertex, we look at the coefficients in the function $m(f) = af^2 + bf + c$

The first coordinate of the vertex has the formula: $rac{-b}{-b}$ now, plugging into formula to get:

 $\frac{-b}{2a} = -\frac{2}{2(1)} = -1$

The second coordinate of the vertex is $m(-1) = 1(-1)^2 + 2(-1) - 5$

in this equation, a = 1 and b = 2

Therefore, the vertex of the graph of f is (-1,-6)