Solution

To find the vertex, we look at the coefficients in the function $\mathsf{r}(\mathsf{w}) = \mathsf{aw}^2 + \mathsf{bw} + \mathsf{c}$ in this equation, a=2 and b=4

The first coordinate of the vertex has the formula:
$$\frac{-b}{2a}$$
 now, plugging into formula to get:

 $\frac{-b}{2a} = -\frac{4}{2(2)} = -1$

The second coordinate of the vertex is $r(-1) = 2(-1)^2 + 4(-1) - 4$

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