Solution

The second coordinate of the vertex is $h\left(-\frac{1}{2}\right) = 3\left(-\frac{1}{2}\right)^2 + 3\left(-\frac{1}{2}\right) - 5$

Therefore, the vertex of the graph of f is $(-\frac{1}{2}, -\frac{23}{4})$

To find the vertex, we look at the coefficients in the function $\mathtt{h}(\mathtt{j}) = \mathtt{ai}^2 + \mathtt{bi} + \mathtt{c}$

in this equation, a = 3 and b = 3

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

 $\frac{-b}{2a} = -\frac{3}{2(3)} = -\frac{1}{2}$