Solution

To find the vertex, we look at the coefficients in the function $p(x) = ax^2 + bx + c$

in this equation, a= 1 and b= 2

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

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

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

=-5
Therefore, the vertex of the graph of f is (-1,-5)