Solution

To find the vertex, we look at the coefficients in the function $y(u) = au^2 + bu + c$

in this equation, a = 3 and b = 8The first coordinate of the vertex has the formula: $\frac{-b}{2a}$ now, plugging into formula to get:

 $\frac{-b}{2a} = -\frac{8}{2(3)} = -\frac{4}{3}$

The second coordinate of the vertex is $y(-\frac{4}{2}) = 3(-\frac{4}{2})^2 + 8(-\frac{4}{2}) - 3$

Therefore, the vertex of the graph of f is $(-\frac{4}{3}, -\frac{25}{3})$