Since I can't divide by zero (division by zero isn't allowed,

I need to find all values of u that would cause division by zero. The domain will then be all other u-values.

When is this denominator equal to zero?

 $u=\pm 5$ then the domain of h is $\{u \mid u \neq 5 \text{ or } -5\}$

 $u^2 - 25 = 0$

The domain is all values that u is allowed to be.