A 1/8-kg mass is attached to a spring with stiffness k=16 N/m. The mass is pulled 1/2 m down of the equilibrium point and given a downward velocity of $\sqrt{2}$ m/sec. Neglecting any damping or external force that may be present, determine the equation of motion of the mass.

How long after release does the mass pass through the equilibrium position?

A 1/4-kg mass is attached to a spring with stiffness 4 N/m. The damping constant for the system is 1 N-sec/m. If the mass is pushed upwards by 1/2 m and given an initial upwards velocity of 1m/sec, find the equation of motion.

What will be the maximum displacement that the mass will attain?

What happens if resonance is not taken into account...

https://www.youtube.com/watch?v=XggxeuFDaDU&list=WL&index=23

A 1-kg mass is attached to a spring with stiffness 49 N/m. At time t=0 an external force $F(t) = 20\cos(4t)$ N is applied. The damping constant for the system is 6 N-sec/m. Determine the solution and identify the transient and steady-state terms.