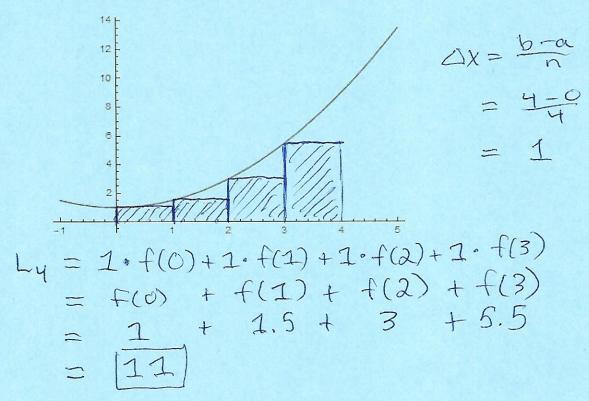
For full credit you must show your work. Partial credit may be given for incorrect solutions if sufficient work is shown.

For the function $f(x) = \frac{1}{2}x^2 + 1$ plotted below:

1. (5 pts) Approximate the area under the curve on the interval [0,4] using four left rectangles. Sketch the rectangles on the plot below.



2. (5 pts) Compute the exact area under the curve on the interval [0,4] by evaluating

$$\int_{0}^{4} \left(\frac{1}{2}x^{2}+1\right) dx.$$

$$= \frac{1}{6} \times^{3} + \times | \times = 4$$

$$= \left[\frac{1}{6}, 4^{3} + 4\right] - \left[\frac{1}{6}, 0^{3} + 0\right]$$

$$= \frac{44}{3} \approx \left[14.67\right]$$

3. (Bonus: 1 pt) Compute the average value of f on [0,4]. $= \frac{1}{4-0} \int_0^4 f(x) dx = \frac{1}{4} \cdot \frac{44}{3} = \frac{11}{3} \approx \boxed{3.67}$