

$$||1,3\rangle = \frac{1}{3} \int_{0}^{3} \sqrt{k} dt = \frac{1}{3} \int_{0}^{3} \frac{30^{3}}{1000} dt + \frac{1}{3} \int_{0}^{3} \frac{(10)^{3}}{1000} dt$$

$$= \frac{1}{3} (40) + \frac{1}{3} (10) = \frac{25}{3} \text{ W}$$

b)
$$P = \frac{1}{7} \int_{0}^{1} (20t)^{2} / 10 \pi dt = \int_{0}^{1} \frac{400}{10} t^{2} = 40 t^{3}$$

SEE PLOT ATTACHED.

