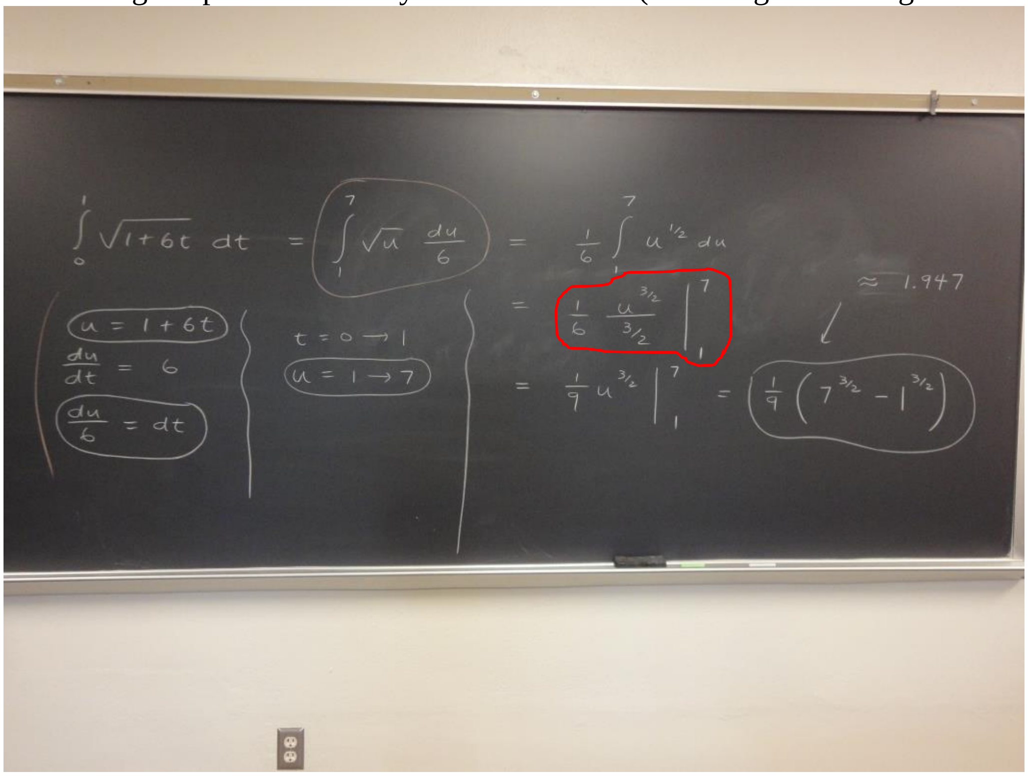
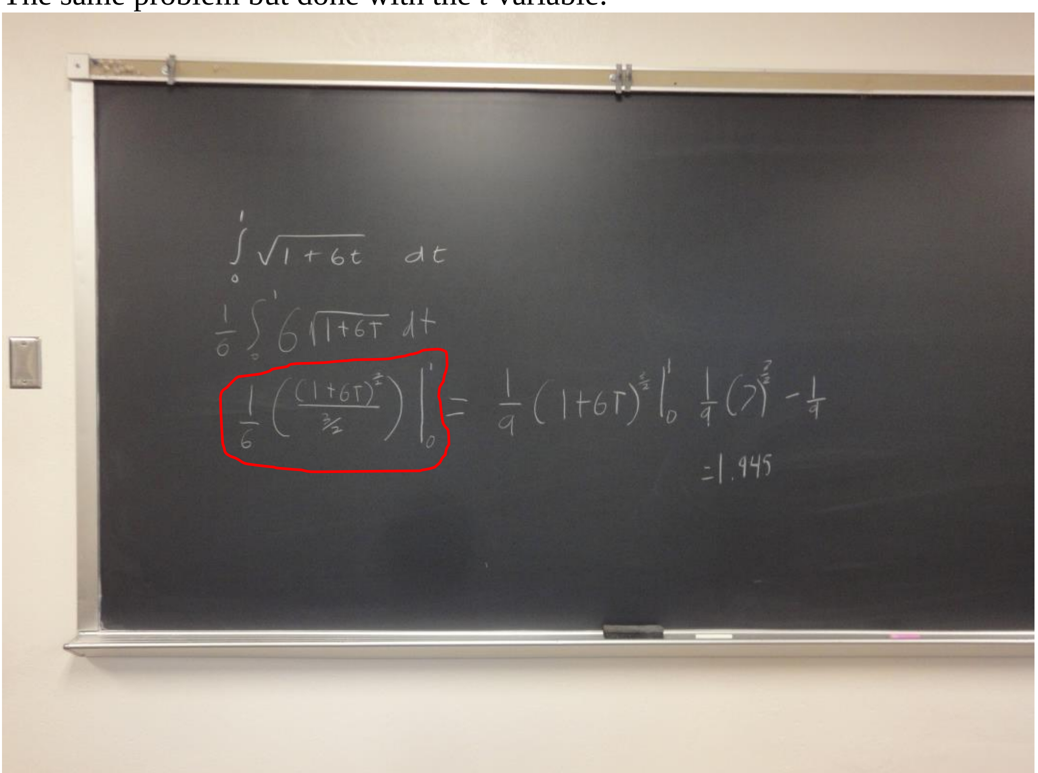
Substitution (Definite Integrals)

Converting the problem entirely to the *u* variable (including converting the limits of integration):



The same problem but done with the *t* variable:



***** The key to seeing the equivalence of the two methods is captured in the two expressions circled in red. Notice that the expressions *look* different but they evaluate to the same number. *****