YOUR GRADE IS BASED ON THE PROCESS AS WELL AS THE FINAL RESULT. SHOW ALL YOUR STEPS CLEARLY SO YOU WILL BE ELIGIBLE FOR THE MOST PARTIAL CREDIT. YOU MAY USE A CALCULATOR, BUT NO NOTES, BOOKS, OR OTHER STUDENTS. GOOD LUCK!

1.) (5 pts.) Find the average value of the function $f(x) = 4x + 7$ over the interval $[1, 3]$. 

\[
\frac{1}{3-1} \int_{1}^{3} (4x+7) \, dx \\
= \frac{1}{2} \cdot 30 \quad \text{(using a calculator for the integral)} \\
= 15
\]

2.) (5 pts.) Use the table to estimate $\int_{0}^{40} f(x) \, dx$.

<table>
<thead>
<tr>
<th>$x$</th>
<th>0</th>
<th>10</th>
<th>20</th>
<th>30</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td>$f(x)$</td>
<td>350</td>
<td>410</td>
<td>435</td>
<td>450</td>
<td>460</td>
</tr>
</tbody>
</table>

Left-hand sum:

$10 \cdot (350 + 410 + 435 + 450) = 16,450$

Right-hand sum:

$10 \cdot (410 + 435 + 450 + 460) = 17,550$

Average: $\frac{16,450 + 17,550}{2} = 17,000$