To receive credit you MUST SHOW ALL YOUR WORK.

1. (8 pts) Evaluate each integral (4 pts each):

$$(a) \int_0^1 \frac{x}{1+x^2} \ dx$$

$$(b) \int_0^{\pi/4} \sec^2 x \sqrt{1 + 3\tan x} \, dx$$

2. (3 pts) Find the average value of $\sin x$ on the interval $[0, \pi]$.