Read each problem very carefully before starting to solve it. Each problem is worth 5 points. It is necessary to show all your work. Correct answers without explanations are worth 0 points. GOOD LUCK!!

1. Use triple integrals to find the volume of the solid in $\mathbb{R}^{3}$ bounded by $y=x^{2}, x=y^{2}$, $z=x+y+5$ and $z=0$.
2. Integrate the function $f(x, y, z)=z$ over the region $\mathcal{W}$ bounded by $z=7-x^{2}-y^{2}$ and $z=3$.
