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

1. [4 points] Find the average rate of change of the function $f(x) = x^2 + \sqrt{x-1}$ over the interval [5, 10].

2. [4 points] Find the intervals over which the following function is increasing and give its relative maxima and relative minima.



3. [4 points] Consider the functions $f(x) = \frac{1}{7x+10}$, g(x) = 2x - 5 and h(x) specified by the table

Calculate the following, showing all steps, and simplify, if possible.

g(h(3)) =

 $(f \circ g)(x) =$