

Step 1: diagram \bar{w} sign convention

Step 2: list given info + unknowns
→ signs
→ units

Step 3: Choose eq'n + write in symbols

Step 4: Rearrange eq'n to solve for unknown (symbols)

Step 5: write in numerical values)

Step 6: Solve! - sig figs
- units

Note: eg. $v_0 = v_i = v_1 = \text{initial}$
subscripts $v = v_s = v_2 = \text{final}$

if initial velocity = 0 m/s
- it could start "from rest"
- object is "dropped" (not thrown)
= "standing start"