1. Evaluate the integral $\iint_{\mathcal{R}} y \, dA$, where \mathcal{R} is the bounded region in the first quadrant delimited by the circle $x^2 + y^2 = 9$ and the lines y = x and y = 0.

Solution. It is convenient to use polar coordinates. Thus, we have

$$\iint_{\mathcal{R}} y \, dA = \int_0^{\frac{\pi}{4}} \int_0^3 r^2 \sin\theta \, dr \, d\theta = \left(\int_0^3 r^2 \, dr \right) \left(\int_0^{\frac{\pi}{4}} \sin\theta \right) = 9 \left(\frac{2 - \sqrt{2}}{2} \right).$$

2. Evaluate $\iiint_{\mathcal{E}} (x^2 + y^2 + z^2) dV$, where \mathcal{E} is the unit ball $x^2 + y^2 + z^2 \leq 1$.

Solution. It is convenient to use spherical coordinates. Thus, we have

$$\iiint_{\mathcal{E}} (x^2 + y^2 + z^2) dV = \int_0^{2\pi} \int_0^{\pi} \int_0^1 \rho^4 \sin \varphi \ d\rho \, d\varphi \, d\theta = \frac{4\pi}{5}.$$