**Converting from Vertex to Standard Form**

Steps: 1. Make a box to multiply for what is in parenthesis

2. Multiply the a

3. Add/Subtract the constant

1.  2. 

1.  4. 

**Converting from Standard to Vertex Form**

Steps: 1. 

2. Substitute x into equation to get y

3 Write it in vertex form: 

1.  2. 
2.  4. 