Solving by substitution

This task is about working out the value of an algebraic expression by substitution.

Show how to find out what each expression equals by substituting the given value into it.

If $p = 7$, show how to find the value of $4(p + 3)$

a)

Answer: _____

If $m = {}^-3$, show how to find the value of $4 + 2m$

b)

Answer: _____

If $r = 3$, show how to find the value of $4r^2$

c)

Answer: _____

If $s = {}^-3$, show how to find the value of $(s + 6)(s + 3)$

d)

Answer: _____