**Example** Calculate  $\int_{-8}^{-3} x \sqrt{1-x} \, dx$ 

If you use the mnemonic it suggests that we use for u = 1 - x, the expression inside the square root expression. Then differential gives us du = -dx or -du = dx. So re-writing our integral with this substitution gives

$$\int_{-8}^{-3} x\sqrt{1-x} \, dx = \int_{9}^{4} x\sqrt{u}(-du)$$

Houston we got a problem? We have said before that after the substitution we want NO x left over's inside the new one. We wanted to see the new variable u only. Yet the integral on the right hand side has x in it! Question is how do we turn x into a "u"? For this you need to use your substitution u = 1 - x, and solve it for x, x = 1 - u. Then replace x with this expression on the right hand side integral above

$$\int_{-8}^{-3} x\sqrt{1-x} \, dx = \int_{9}^{4} (u-1)\sqrt{u}(-du)$$
$$= \int_{4}^{9} (u^{1/2} - u^{3/2}) \, du$$
$$= \frac{2}{3}u^{3/2} - \frac{2}{5}u^{5/2}\Big]_{4}^{9} = -\frac{1076}{15}$$