1. **SET UP** the definite integral to find the area of the region bounded by 
\[ y = 3 - x^2 \quad \text{and} \quad y = 3x - 1 \, . \]

2. **SET UP** the definite integral to find the area of the region bounded by 
\[ x = y^2 - 1 \quad \text{and} \quad x = y + 1 \, . \]