1) Go to the website https://courseware.cemc.uwaterloo.ca/11/22/assignments/96/0. This link should lead you to a lesson on the Extreme Value Theorem. Watch and listen to this lesson. A lot of it should seem like review, just presented a bit differently.
2) Part 3 is the most important part of the lesson. Notice that to find an extreme value (a maximum or minimum value) on an interval you should check endpoints and critical points. There is no need to verify that the critical points are turning points. Just check their values as they might be an extreme value. (quicker than worrying about whether they are turning points or not).
3) Go to the exercises included with this lesson. Answer questions \#2, 5b.
4) From your text book: page 134 \#2i, 3a
