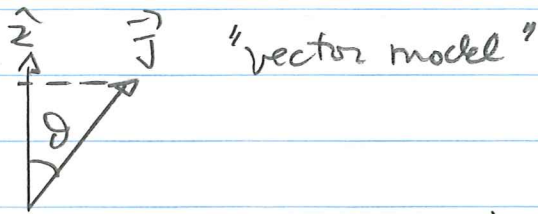


#1



$$\cos\theta = \frac{\langle J_z \rangle}{\sqrt{\langle J^2 \rangle}} = \frac{j}{\sqrt{j(j+1)}}$$

Spin $\frac{1}{2}$ $\cos\theta_{\frac{1}{2}} = \frac{\frac{1}{2}}{\sqrt{\frac{1}{2}(\frac{1}{2}+1)}} = \frac{1}{\sqrt{3}} \quad \theta_{\frac{1}{2}} = 55^\circ$

Spin -1 $\cos\theta_1 = \frac{1}{\sqrt{2}} \quad \theta_1 = 45^\circ$

macroscopic top $L = I\omega$

$$\sqrt{l(l+1)} \approx l = \frac{L}{\hbar} \quad \left. \begin{array}{l} m = 10g \\ r = 1cm \\ \omega = 10^4 \end{array} \right\} L = 10^{-2} \text{ kg m}^2/\text{s}$$

$$l = \frac{10^{-2}}{10^{-34}} = 10^{32} \quad \theta_{\text{macro}} = 0$$

#2 $\hat{A}|a,b\rangle = a|a,b\rangle$
 $\hat{B}|a,b\rangle = b|a,b\rangle$

since $|a,b\rangle$ are complete, $|\psi\rangle = \sum_{ij} c_{ij} |a_i, b_j\rangle$

$$[\hat{A}, \hat{B}]|\psi\rangle = \sum_{ij} c_{ij} (a_i b_j - b_j a_i) |a_i, b_j\rangle$$

$$= 0$$

therefore as an operator equality, $[\hat{A}, \hat{B}] = 0$

#3 $\hat{L}_{\pm} |l, m\rangle = \hbar \sqrt{l(l+1) - m(m \pm 1)} |l, m \pm 1\rangle$

$$l=2 \quad \sqrt{2 - m(m \pm 1)} = \begin{array}{c|c} \begin{array}{cc} + & - \\ \hline 0 & \sqrt{2} \\ \sqrt{2} & \sqrt{2} \\ \sqrt{2} & 0 \end{array} & \begin{array}{c} m= \\ 1 \\ 0 \\ -1 \end{array} \end{array}$$

$$\langle m', l | \hat{L}_+ | m, l \rangle = \hbar \begin{pmatrix} 0 & \sqrt{2} & 0 \\ 0 & 0 & \sqrt{2} \\ 0 & 0 & 0 \end{pmatrix}$$

$$\langle m', l | \hat{L}_- | m, l \rangle = \hbar \begin{pmatrix} 0 & \sqrt{2} & 0 \\ 0 & 0 & \sqrt{2} \\ 0 & 0 & 0 \end{pmatrix} + \hbar \begin{pmatrix} 0 & 0 & 0 \\ \sqrt{2} & 0 & 0 \\ 0 & \sqrt{2} & 0 \end{pmatrix}$$

$$\hat{L}_{\pm} = \hat{L}_x \pm i\hat{L}_y$$

$$\hat{L}_x = \frac{1}{2} (\hat{L}_+ + \hat{L}_-) \quad \hat{L}_y = \frac{1}{2i} (\hat{L}_+ - \hat{L}_-)$$

$$= \frac{\hbar}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 0 \\ 0 & 0 & 0 \end{pmatrix} = \frac{\hbar}{i\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$\langle m', l | \hat{L}_z | m, l \rangle = \hbar \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & -1 \end{pmatrix}$$