1. Review of Multi-variable Calculus

Throughout this course we will be working with the vector space \mathbb{R}^n . For this reason we begin with a brief review of its metric space properties

Definition 1.1 (Vector Norm). A function $\nu : \mathbb{R}^n \to \mathbb{R}$ is a vector norm on \mathbb{R}^n if

- i. $\nu(x) \geq 0 \ \forall \ x \in \mathbb{R}^n \text{ with equality iff } x = 0.$
- ii. $\nu(\alpha x) = |\alpha|\nu(x) \ \forall \ x \in \mathbb{R}^n \ \alpha \in \mathbb{R}$
- iii. $\nu(x+y) \le \nu(x) + \nu(y) \ \forall \ x, y \in \mathbb{R}^n$

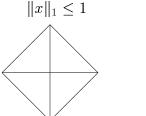
We usually denote $\nu(x)$ by ||x||. Norms are convex functions.

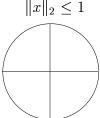
Example: l_p norms

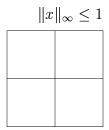
$$||x||_p := (\sum_{i=1}^n |x_i|^p)^{\frac{1}{p}}, \quad 1 \le p < \infty$$

 $||x||_{\infty} = \max_{i=1,\dots,n} |x_i|$

 $-p = 1, 2, \infty$ are the most important cases.







– The unit ball of a norm is a convex set. We denote the unit ball by \mathbb{B} . The unit balls for the $p=1,2,\infty$ norms are denoted by \mathbb{B}_1 , \mathbb{B}_2 , and \mathbb{B}_{∞} , respectively.

1.1. Equivalence of Norms.

$$\alpha(p,q) ||x||_q \le ||x||_p \le \beta(p,q) ||x||_q$$

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1.2. Continuity and the Weierstrass Theorem.

- The mapping $F: \mathbb{R}^n \to \mathbb{R}^n$ is said to be continuous at the point \overline{x} if

$$\lim_{\|x-\overline{x}\|\to 0} \|F(x) - F(\overline{x})\| = 0.$$

F is said to be continuous on a set $D \subset \mathbb{R}^n$ if F is continuous at every point of D.

- A subset $D \subset \mathbb{R}^n$ is said to be <u>open</u> if for every $x \in D$ there exists $\epsilon > 0$ such that $x + \epsilon \mathbb{B} \subset D$ where

$$x + \epsilon \mathbb{B} = \{ x + \epsilon u : u \in \mathbb{B} \}$$

and \mathbb{B} is the unit ball of some given norm on \mathbb{R}^n .

- A subset $D \subset \mathbb{R}^n$ is said to be closed if every point x satisfying

$$(x + \epsilon \mathbb{B}) \cap D \neq \emptyset$$

for all $\epsilon > 0$, must be a point in D.

- A subset $D \subset \mathbb{R}^n$ is said to be bounded if there exists m > 0 such that

$$||x|| \le m \text{ for all } x \in D.$$

- A subset $D \subset \mathbb{R}^n$ is said to be compact, if it is closed and bounded.
- A point \overline{x} is said to be a cluster point of the set $D \subset \mathbb{R}^n$ if

$$(\overline{x} + \epsilon \mathbb{B}) \cap D \neq \emptyset$$

for every $\epsilon > 0$.

Theorem 1.1 (Weierstrass Compactness Theorem). A set $D \subset \mathbb{R}^n$ is compact if and only if every infinite subset of D has a cluster point in D.

Theorem 1.2 (Bolzano-Weierstrass Theorem). A subset of $\mathbb{R}^{n \times n}$ is compact if and only if it is both closed and bounded.

Theorem 1.3 (Weierstrass Extreme Value Theorem). Every continuous function on a compact set attains its extreme values on that set.

1.3. **Dual Norms.** Let $\|\cdot\|$ be a given norm on \mathbb{R}^n with associated closed unit ball \mathbb{B} . For each $x \in \mathbb{R}^n$ define

$$||x||_0 := \max\{x^T y : ||y|| \le 1\}.$$

Since the transformation $y \mapsto x^T y$ is continuous (in fact, linear) and \mathbb{B} is compact, Weierstrass's Theorem says that the maximum in the definition of $||x||_0$ is attained. Thus, in particular, the function $x \to ||x||_0$ is well defined and finite-valued. Indeed, the mapping defines a norm on \mathbb{R}^n . This norm is said to be the norm dual to the norm $||\cdot||$. Thus, every norm has a norm dual to it.

We now show that the mapping $x \mapsto ||x||_0$ is a norm.

(a) It is easily seen that $||x||_0 = 0$ if and only if x = 0. If $x \neq 0$, then

$$||x||_0 = \max\{x^T y : ||y|| \le 1\} \ge x^T \left(\frac{x}{||x||}\right) = \frac{||x||_2}{||x||} > 0.$$

(b) From (a),
$$\|0 \cdot x\|_0 = 0 = 0 \cdot \|x\|_0$$
. Next suppose $\alpha \in \mathbb{R}$ with $\alpha \neq 0$. Then $\|\alpha x\|_0 = \max\{x^T(\alpha y) : \|y\| \leq 1\}, (z = \alpha y)$
 $= \max\{x^T z : 1 \leq \|\frac{z}{\alpha}\| = \frac{1}{|\alpha|}\|z\| = \|\frac{z}{|\alpha|}\|\}, (w = \frac{z}{|\alpha|})$
 $= \max\{x^T(|\alpha|z) : 1 \geq \|w\|\}$

$$= \max\{x^{T}(|\alpha|z) : 1 \ge ||w||\}$$

In order to establish the triangle inequality, we make use of the following elementary, but very useful, fact.

FACT: If $f: \mathbb{R}^n \to \mathbb{R}$ and $C \subset D \subset \mathbb{R}^n$, then

$$\sup_{x \in C} f(x) \le \sup_{x \in D} f(x).$$

That is, the supremum over a larger set must be larger. Similarly, the infimum over a larger set must be smaller.

(c)
$$||x + z||_0 = \max\{x^T y + z^T y : ||y|| \le 1\}$$

 $= \max\{x^T y_1 + z^T y_2 : ||y_1|| \le 1, y_1 = y_2\}$
(max over a larger set)
 $= \le \max\{x^T y_1 + z^T y_2 : ||y_1|| \le 1, ||y_2|| \le 1\}$
 $= ||x||_0 + ||z||_0$

FACTS:

- (i) $x^T y \leq ||x|| ||y||_0$ (apply definition)
- (ii) $||x||_{\infty} = ||x||$
- (iii) $(\|x\|_p)_0 = \|x\|_q$ where $\frac{1}{p} + \frac{1}{q} = 1$, $1 \le p \le \infty$ (iv) Hölder's Inequality: $|x^Ty| \le \|x\|_p \|y\|_q$

$$\frac{1}{p} + \frac{1}{q} = 1$$

(v) Cauchy-Schwartz Inequality:

$$|x^T y| < ||x||_2 ||y||_2$$

1.4. Operator Norms. $A \in \mathbb{R}^{m \times n}$

$$||A||_{(p,q)} = \max\{||Ax||_p : ||x||_q \le 1\}$$

$$\begin{array}{lll} \text{Example:} & \|A\|_2 & = & \|A\|_{(2,2)} = \max\{\|Ax\|_2 : \|x\|_2 \leq 1\} \\ & \|A\|_\infty & = & \|A\|_{(\infty,\infty)} = \max\{\|Ax\|_\infty : \|x\|_\infty \leq 1\} \\ & = & \max_{1 \leq i \leq m} \sum_{j=1}^n |a_{ij}|, \max \text{ row form} \\ & \|A\|_1 & = & \|A\|_{(1,1)} = \max\{\|Ax\|_1 : \|x\|_1 \leq 1\} \\ & = & \max_{1 \leq j \leq n} \sum_{i=1}^m |a_{ij}|, \max \text{ column sum} \end{array}$$

FACT: $||Ax||_p \le ||A||_{(p,q)} ||x||_q$.

(a)
$$||A|| \ge 0$$
 with equality $\Leftrightarrow ||Ax|| = 0 \ \forall x \text{ or } A \equiv 0$.

(b)
$$\|\alpha A\| = \max\{\|\alpha Ax\| : \|x\| \le 1\}$$

= $\max\{|\alpha| \|Ax\| : \|\alpha\| \le 1\} = |\alpha| \|A\|$

(c)
$$||A + B|| = \max\{||Ax + Bx|| : ||x|| \le 1\} \le \max\{||Ax|| + ||Bx|| A \le 1\}$$

 $= \max\{||Ax_1|| + ||Bx_2|| : x_1 = x_2, ||x_1|| \le 1, ||x_2|| \le 1\}$
 $\le \max\{||Ax_1|| + ||Bx_2|| : ||x_1|| \le 1, ||x_2|| \le 1\}$
 $= ||A|| + ||B||$

1.4.1. Spectral Radius. $A \in \mathbb{R}^{n \times n}$

$$\rho(A) := \max\{|\lambda| : z \in \Sigma(A)\}\$$

$$\Sigma(A) = \{ \lambda \in \mathbb{C} : Ax = \lambda x \text{ for some } x \neq 0 \}.$$

 $\rho(A) \sim \text{spectral radius of } A$

 $\Sigma(A) \sim \text{spectrum of } A$

FACT:

(i)
$$||A||_2 = (\rho(A^T A))^{\frac{1}{2}}$$

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(ii) $\rho(A) < 1 \Leftrightarrow \lim_{k \to \infty} A^k = 0$

(iii)
$$\rho(A) < 1 \Rightarrow (I - A)^{-1} = \sum_{i=0}^{\infty} A^i$$
 (Neumann Lemma)

1.4.2. Condition number. $A \in \mathbb{R}^{n \times n}$

$$\kappa(A) = \begin{cases} ||A|| ||A^{-1}|| & \text{if } A^{-1} \text{ exists} \\ \infty & \text{otherwise} \end{cases}$$

FACT: [Error estimates in the solution of linear equations] If $Ax_1 = b$ and $Ax_2 = b + e$, then

$$\frac{\|x_1 - x_2\|}{\|x_1\|} \le \kappa(A) \frac{\|e\|}{\|b\|}$$

Proof.
$$||b|| = ||Ax_1|| \le ||A|| \, ||x_1|| \Rightarrow \frac{1}{||x_1||} \le \frac{||A||}{||b||}$$
, so

$$\frac{\|x_1 - x_2\|}{\|x_1\|} \le \frac{\|A\|}{\|b\|} \|A^{-1} (A(x_1 - x_2)) \| \le \|A\| \|A^{-1}\| \frac{1}{\|b\|} \|Ax_1 - Ax_2\|$$

1.5. **The Frobenius Norm.** There is one further norm for matrices, called the Frobenius norm, that is very useful. Observe that we can identify $\mathbb{R}^{m \times n}$ with $\mathbb{R}^{(mn)}$ by simply stacking the columns of a matrix one on top of the other to create a very long vector in $\mathbb{R}^{(mn)}$. The function that takes a matrix in $\mathbb{R}^{m \times n}$ to a vector in $\mathbb{R}^{(mn)}$ by stacking columns is called vec (or sometimes evec).

EXAMPLE:

$$\operatorname{vec}\left(\left[\begin{array}{ccc} 1 & 2 & -3 \\ 0 & -1 & 4 \end{array}\right]\right) = \left[\begin{array}{c} 1 \\ 0 \\ 2 \\ -1 \\ -3 \\ 4 \end{array}\right]$$

Using vec we can define an inner product on $\mathbb{R}^{m\times n}$ by writting

$$\langle A, B \rangle_F = \text{vec}(A)^T \text{vec}(B)$$
.

This is called the *Frobenius* inner product on $\mathbb{R}^{m \times n}$. It is easy to show that

$$\langle A, B \rangle_F = \operatorname{tr} \left(A^T B \right) .$$

This inner product gives rise to the Frobenius norm by the formula

$$||A||_F = \sqrt{\langle A, A \rangle_F} = ||\operatorname{vec}(A)||_2.$$

1.6. **Review of Differentiation.** Let $F: \mathbb{R}^n \to \mathbb{R}^m$. In this course we let F_i denote the *i*th component function of F:

$$F(x) = \begin{bmatrix} F_1(x) \\ F_2(x) \\ \vdots \\ F_m(x) \end{bmatrix} ,$$

where each F_i is a mapping from \mathbb{R}^n to \mathbb{R}^m .

1) Let $F: \mathbb{R}^n \to \mathbb{R}^m$ and let $x, d \in \mathbb{R}^n$. If the limit

$$\lim_{t\downarrow 0} \frac{F(x+td) - F(x)}{t} =: F'(x;d)$$

exists, it is called the directional derivative of F at x in the direction h. If this limit exists for all $d \in \mathbb{R}^n$ and is linear in the d argument,

$$F'(x; \alpha d_1 + \beta d_2) = \alpha F'(x; d_1) + \beta F'(x; d_2),$$

then F is said to be Gâteaux differentiable at x.

2) Let $F: \mathbb{R}^n \to \mathbb{R}^m$ and let $x \in \mathbb{R}^n$. If there exists $J \in \mathbb{R}^{m \times n}$ such that

$$\lim_{\|y-x\|\to 0} \frac{\|F(y) - (F(x) + J(y-x))\|}{\|y-x\|} = 0,$$

then F is said to be Fréchet differentiable at x and J is said to be its "Fréchet derivative". It can be shown that this definition is independent of the choice of norm. We denote J by J = F'(x) or $J = \nabla F(x)$.

3) In the case where $f: \mathbb{R}^n \to \mathbb{R}$, the notation differs a bit from that given above. In this case we write $\nabla f(x) = f'(x)^T$, and we call $\nabla f(x)$ the gradient of f at x.

FACTS:

- (i) If F'(x) exists, it is unique.
- (ii) If F'(x) exists, then F'(x;d) exists for all d and

$$F'(x;d) = F'(x)d.$$

- (iii) If F'(x) exists, then F is continuous at x.
- (iv) (Matrix Representation)

Suppose F'(x) exists for all x near \overline{x} and that the mapping $x \mapsto F'(x)$ is continuous at \overline{x} ,

$$\lim_{\|x-\overline{x}\|\to 0} \|F'(x) - F'(\overline{x})\| = 0$$

(it can again be shown that continuity is independent of the choice of norm, in). Then $\partial F_i/\partial x_j$ exist for each $i=1,\ldots,m,\ j=1,\ldots,n$ and $F'(\overline{x})$ has the representation

$$\nabla F(\overline{x}) = \begin{bmatrix} \frac{\partial F_1}{\partial x_1} & \frac{\partial F_1}{\partial x_2} & \cdots & \frac{\partial F_1}{\partial x_n} \\ \frac{\partial F_2}{\partial x_1} & \frac{\partial F_2}{\partial x_2} & \cdots & \frac{\partial F_2}{\partial x_n} \\ \vdots & & & & \\ \frac{\partial F_n}{\partial x_1} & \cdots & \cdots & \frac{\partial F_m}{\partial x_n} \end{bmatrix} = \begin{bmatrix} \nabla F_1(\overline{x})^T \\ \nabla F_2(\overline{x})^T \\ \vdots \\ \nabla F_m(\overline{x})^T \end{bmatrix},$$

where each partial derivative is evaluated at $\overline{x} = (\overline{x}_1, \dots, \overline{x}_n)^T$. This matrix is called the Jacobian matrix for F at \overline{x} . However, in the case where m = 1, recall from above that $\nabla f(x)$ is called the gradient and $\nabla f(x) = \left[\frac{\partial f}{\partial x_1}, \dots, \frac{\partial f}{\partial x_n}\right]^T$.

(v) (Chain Rule) Let $F: A \subset \mathbb{R}^m \to \mathbb{R}^k$ be differentiable on the open set A and let $G: B \subset \mathbb{R}^k \to \mathbb{R}^n$ be differentiable on the open set B. If $F(A) \subset B$, then the composite function $G \circ F$ is differentiable on A and

$$(G \circ F)'(x) = G'(F(x)) \circ F'(x).$$

- (vi) The Mean Value Theorem:
 - (a) If $f: \mathbb{R} \to \mathbb{R}$ is differentiable, then for every $x, y \in \mathbb{R}$ there exists z between x and y such that

$$f(y) = f(x) + f'(z)(y - x).$$

(b) If $f:\mathbb{R}^n\to\mathbb{R}$ is differentiable, then for every $x,y\in\mathbb{R}$ there is a $z\in[x,y]$ such that

$$f(y) = f(x) + \nabla f(z)^{T} (y - x).$$

(c) If $F: \mathbb{R}^n \to \mathbb{R}^m$ continuously differentiable, then for every $x, y \in \mathbb{R}$

$$||F(y) - F(x)||_q \le \left[\sup_{z \in [x,y]} ||F'(z)||_{(p,q)} \right] ||x - y||_p.$$

PROOF OF THE MEAN VALUE THEOREM: (b): Set $\varphi(t) = f(x + t(y - x))$. Then, by the chain rule, $\varphi'(t) = \nabla f(x + t(y - x))^T(y - x)$ so that φ is differentiable. Moreover, $\varphi : \mathbb{R} \to \mathbb{R}$. Thus, by (a), there exists $\overline{t} \in (0, 1)$ such that

$$\varphi(1) = \varphi(0) + \varphi'(\overline{t})(1-0)$$

or equivalently,

$$f(y) = f(x) + \nabla f(z)^{T} (y - x)$$

where $z = x + \overline{t}(y - x)$.

1.6.1. The Implicit Function Theorem. Let $F: \mathbb{R}^{n+m} \to \mathbb{R}^n$ be continuously differentiable on an open set $E \subset \mathbb{R}^{n+m}$. Further suppose that there is a point $(\bar{x}, \bar{y}) \in \mathbb{R}^{n+m}$ at which $F(\bar{x}, \bar{y}) = 0$. If $\nabla_x F(\bar{x}, \bar{y})$ is invertable, then there exist open sets $U \subset \mathbb{R}^{n+m}$ and $W \subset \mathbb{R}^m$, with $(\bar{x}, \bar{y}) \in U$ and $\bar{y} \in W$, having the following property:

To every $y \in W$ corresponds a unique $x \in \mathbb{R}^n$ such that

$$(x, y) \in U$$
 and $F(x, y) = 0$.

Moreover, if x is defined to be G(y), then G is a continuously differentiable mapping of W into \mathbb{R}^n satisfying

$$G(\bar{y}) = \bar{x}, \quad F(G(y), y) = 0 \ \forall \ y \in W, \quad \text{and} \quad G'(\bar{y}) = -(\nabla_x F(\bar{x}, \bar{y}))^{-1} \nabla_y F(\bar{x}, \bar{y}).$$

- 1.6.2. Some facts about the Second Derivative. Let $f: \mathbb{R}^n \to \mathbb{R}$ so that $\nabla f: \mathbb{R}^n \to \mathbb{R}^n$. The second derivative of f is just the derivative of ∇f as a mapping from \mathbb{R}^n to \mathbb{R}^n . Hence, $\nabla |\nabla f(x)| = \nabla^2 f(x)$ is an $n \times n$ matrix (note that we can also denote $\nabla^2 f(x)$ by f''(x)).
 - (i) If ∇f exists and is continuous at x, then it is given as the matrix of second partials of f at x:

$$\nabla^2 f(x) = \left[\frac{\partial^2 f}{\partial x_i \partial x_j}(x) \right] .$$

Moreover, $\frac{\partial f}{\partial x_i \partial x_j} = \frac{\partial f}{\partial x_j \partial x_i}$ for all $i, j = 1, \ldots, n$. The matrix $\nabla^2 f(x)$ is called the Hessian of f at x. It is a symmetric matrix.

(ii) Second-Order Taylor Theorem:

If $f: \mathbb{R}^n \to \mathbb{R}$ is twice continuously differentiable on an open set containing [x, y], then there is a $z \in [x, y]$ such that

$$f(y) = f(x) + \nabla f(x)^{T} (y - x) + \frac{1}{2} (y - x)^{T} \nabla^{2} f(z) (y - x).$$

It can be shown that

$$|f(y) - (f(x) + f'(x)(y - x))| \le \frac{1}{2} ||x - y||_p^2 \sup_{z \in [x,y]} ||\nabla^2 f(z)||_{(p,q)},$$

for any choice of p and q from $[1, \infty]$.

1.6.3. Integration. Let $f: \mathbb{R}^n \to \mathbb{R}^1$ be differentiable and set $\varphi(t) = f(x + t(y - x))$ so that $\varphi: \mathbb{R} \to \mathbb{R}$. Then

$$f(y) - f(x) = \varphi(1) - \varphi(0) = \int_0^1 \varphi'(t)dt = \int_0^1 \nabla f(x_t(y-x))^T (y-x)dt$$

Similarly, if $F: \mathbb{R}^n \to \mathbb{R}^m$, then

$$F(y) - F(x) = \begin{bmatrix} \int_0^1 \nabla F_1(x + t(y - x))^T (y - x) dt \\ \vdots \\ \int_0^1 \nabla F_m(x + t(y - x))^T (y - x) dt \end{bmatrix}$$
$$= \int_0^1 F'(x + t(y - x))(y - x) dt$$

- 1.6.4. More Facts about Continuity. Let $F: \mathbb{R}^n \to \mathbb{R}^m$.
 - We say that F is continuous relative to a set $D \subset \mathbb{R}^n$ if for every $x \in D$ and $\epsilon > 0$ there exists a $\delta(x, \epsilon) > 0$ such that

$$||F(y) - F(x)|| \le \epsilon$$
 whenever $||y - x|| \le \delta(x, \epsilon)$ and $y \in D$.

- We say that F is <u>uniformly</u> continuous relative to $D \subset \mathbb{R}^n$ if for every $\epsilon > 0$ there exists a $\delta(\epsilon) > 0$ such that

$$||F(y) - F(x)|| \le \epsilon$$
 whenever $||y - x|| \le \delta(\epsilon)$ and $y \in D$.

FACT: If F is continuous on a compact set $D \subset \mathbb{R}^n$, then F is uniformly continuous on D.

– We say that F is Lipschitz continuous relative to a set $D \subset \mathbb{R}^n$ if there exists a constant K > 0 such that

$$||F(x) - F(y)|| \le K||x - y||$$

for all $x, y \in D$.

FACT: Lipschitz continuity implies uniform continuity.

Proof.
$$\delta = \epsilon/K$$
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EXAMPLES:

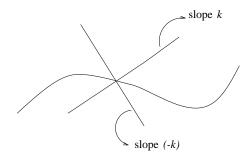
- (1) $4(x) = x^{-1}$ is continuous on (0,1), but it is not uniformly continuous on (0,1).
- (2) $f(x) = \sqrt{x}$ is uniformly continuous on [0, 1], but it is not Lipschitz continuous on [0, 1].

FACT: If F' exists and is continuous on a compact convex set $D \subset \mathbb{R}^m$, then F is Lipschitz continuous on D.

Proof. Mean value Theorem:

$$||F(x) - F(y)|| \le (\sup_{z \in [x,y]} ||F'(z)||) ||x - y||.$$

Lipschitz continuity is almost but not quite a differentiability hypothesis. The Lipschitz constant provides bounds on rate of change.



1.6.5. Quadratic Bound Lemma. Let $F: \mathbb{R}^n \to \mathbb{R}^m$ be such that F' is Lipschitz continuous on the convex set $D \subset \mathbb{R}^n$. Then

$$||F(y) - (F(x) + F'(x)(y - x))|| \le \frac{K}{2} ||y - x||^2$$

for all $x, y \in D$ where K is a Lipschitz constant for F' on D.

Proof.
$$F(y) - F(x) - F'(x)(y - x) = \int_0^1 F'(x + t(y - x))(y - x)dt - F'(x)(y - x)$$

 $= \int_0^1 [F'(x + t(y - x)) - F'(x)](y - x)dt$
 $\|F(y) - (F(x) + F'(x)(y - x))\| = \|\int_0^1 [F'(x + t(y - x)) - F'(x)](y - x)dt\|$
 $\leq \int_0^1 \|(F'(x + t(y - x)) - F'(x))(y - x)\|dt$
 $\leq \int_0^1 \|F'(x + t(y - x)) - F'(x)\|\|y - x\|dt$
 $\leq \int_0^1 Kt\|y - x\|^2 dt$
 $= \frac{K}{2}\|y - x\|^2$.

1.6.6. Some Facts about Symmetric Matrices. Let $H \in \mathbb{R}^{n \times n}$ be symmetric, i.e. $H^T = H$

(1) There exists an orthonormal basis of eigen-vectors for H, i.e. if $\lambda_1 \geq \lambda_2 \geq \cdots \geq \lambda_n$ are the n eigenvalues of H (not necessarily distinct), then there exist vectors q_1, \ldots, q_n such that $\lambda_i q_i = Hq_i \ i = 1, \ldots, n$ with $q_i^T q_j = \delta_{ij}$. Equivalently, there exists a unitary transformation $Q = \{q_1, \ldots, q_n\}$ such that

$$H = Q \wedge Q^T$$

where $\wedge = \operatorname{diag}[\lambda_1, \dots, \lambda_n].$

(2) $H \in \mathbb{R}^{n \times n}$ is positive semi-definite, i.e.

$$x^T H x \ge 0 \text{ for all } x \in \mathbb{R}^n,$$

if and only if $\forall \lambda \in \Sigma \left(\frac{1}{2}(H + H^T)\right)$ $\lambda \geq 0$.