STEP II, 2002, Q2

2 Show that setting $z - z^{-1} = w$ in the quartic equation

$$z^4 + 5z^3 + 4z^2 - 5z + 1 = 0$$

results in the quadratic equation $w^2 + 5w + 6 = 0$. Hence solve the above quartic equation.

Solve similarly the equation

$$2z^8 - 3z^7 - 12z^6 + 12z^5 + 22z^4 - 12z^3 - 12z^2 + 3z + 2 = 0\,.$$