

1. One possible implementation:

```
public int sumOfSquares(int n) {  
    int result = 0;  
    while (n > 0) {  
        result = result + n*n;  
        n = n - 1;  
    }  
    return result;  
}
```

Another possible implementation:

```
public int sumOfSquares(int n) {  
    int result = 0;  
    for (int i=0; i<=n; i=i+1) {  
        result = result + i*i;  
    }  
    return result;  
}
```

2. Using a for loop:

```
public ArrayList<Character> explode(String str) {  
    ArrayList<Character> result = new ArrayList<Character>();  
    for (int i=0; i<str.length(); i=i+1) {  
        result.add(str.charAt(i));  
    }  
    return result;  
}
```

Using an enhanced for loop (which had not been covered before this quiz):

```
public ArrayList<Character> explode(String str) {  
    ArrayList<Character> result = new ArrayList<Character>();  
    for (char c : str) {  
        result.add(c);  
    }  
    return result;  
}
```