7 A particle P moves with constant acceleration $(-4\mathbf{i} + 2\mathbf{j})\,\mathrm{m\,s}^{-2}$. At time $t = 0$ seconds, P is moving with velocity $(7\mathbf{i} + 6\mathbf{j})\,\mathrm{m\,s}^{-1}$.

(a) Determine the speed of P when $t = 3$. [4]

(b) Determine the change in displacement of P between $t = 0$ and $t = 3$. [2]