Integration (by Substitution) Steps:

Example:
$$\int_{1}^{2} \frac{x}{x^2 + 1} dx$$

1 Make a suitable substitution u=?

Usually the expression in a bracket, or the "more complicated" expression.

Let
$$u=x^2+1$$

2 Find $\frac{du}{dx}$ and make dx the subject.

$$\frac{du}{dx} = 2x$$
$$dx = \frac{1}{2x} du$$

3 Substitute in to make integral entirely in terms of "u"

$$\int \frac{x}{u} \cdot \frac{1}{2x} du = \frac{1}{2} \int \frac{1}{u} du$$

4 Integrate & substitute back so that entirely in terms of "x"

$$\frac{1}{2} \int \frac{1}{u} du = \frac{1}{2} \ln|u| = \frac{1}{2} \ln|x^2 + 1|$$

5 (For definite integrals) Sub. In Top Limit – Sub. In Bottom

$$\left[\frac{1}{2}\ln\left|x^2+1\right|\right]_1^2 = \frac{1}{2}\ln 5 - \frac{1}{2}\ln 2 = 0.458$$