30.33. Solve: (a) From Equation 30.33, the energy stored in the charged capacitor is

$$U_{\rm C} = \frac{1}{2}C(\Delta V_{\rm C})^2 = \frac{1}{2}\left(\frac{A\varepsilon_0}{d}\right)(\Delta V_{\rm C})^2$$
$$= \frac{1}{2}\frac{\pi (0.01 \text{ m})^2 (8.85 \times 10^{-12} \text{ C}^2 / \text{N m}^2)}{0.50 \times 10^{-3} \text{ m}}(200 \text{ V})^2 = 1.11 \times 10^{-7} \text{ J}$$

(b) From Equation 30.35, the energy density in the electric field is

$$u_{\rm E} = \frac{1}{2} \varepsilon_0 E^2 = \frac{1}{2} \varepsilon_0 \left(\frac{\Delta V_{\rm C}}{d} \right)^2 = \frac{1}{2} \left(8.85 \times 10^{-12} \text{ C}^2 / \text{N m}^2 \right) \left(\frac{200 \text{ V}}{0.5 \times 10^{-3} \text{ m}} \right)^2 = 0.708 \text{ J} / \text{m}^3$$