19. $2\sin^2\theta - \sin\theta - 1 = 0$

$2p^2 - p - 1 = 0$

$(2\sin\theta + 1)(\sin\theta - 1) = 0$

$(2p+1)(p-1)$

$2\sin\theta + 1 = 0 \quad \sin\theta - 1 = 0$

$2\sin\theta = -1$

"y" $\sin\theta = -\frac{1}{2} \quad \sin\theta = 1$

$\theta = \frac{7\pi}{6}, \frac{11\pi}{6} \quad \theta = \frac{\pi}{2}$

20. $\cos\theta = \sec\theta$

$\cos\theta = \frac{1}{\cos\theta}$

$\cos\theta\cos\theta = \cos\theta\left(\frac{1}{\cos\theta}\right)$

$\cos^2\theta = 1$

$\cos\theta = \pm\sqrt{1}$

"x" $\cos\theta = \pm 1$

$\theta = 0, \pi$