You need to use and/or memorize
These formulas:

OR remember the relationships

To find the volume of any prism,
Find the AREA of the BASE x height

Volumes:

Rectangular prism
V = LWH

Pyramid is 1/3 of rectangular prism
V = 1/3 LWH

Cylinder:
V = ∏ r^2 h $V = \pi r^2 h$

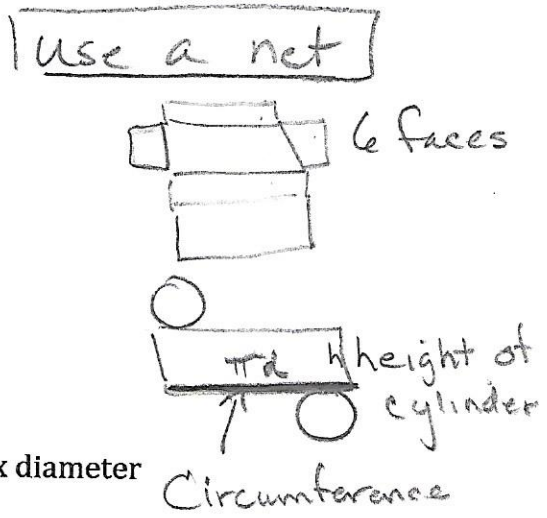
Cone is 1/3 of a cylinder
V = 1/3 ∏ r^2h

Sphere is 2/3 of a cylinder
V = ⅔ ∏ r^2 h

Surface Area = The sum of the Area of all faces

Rectangular Prism
Use the Heart Method x2
OR
SA =2 (lw) + 2(wh) + 2(lh)

Cylinder (the sum of the faces)

SA = 2 ∏ R^2 + ∏ dH
2 circles

Area of a circle = ∏ r^2
Circumference of a circle : ∏ x diameter