The key is to isolate each monomial.

$$\frac{8x^2 + 4x - 2}{4} = \frac{8x^2}{4} + \frac{4x}{4} - \frac{2}{4}$$

$8 \div 4 = 2$ $\quad 4 \div 4 = 1$ $\quad 2 \div 4 = 2/4$ or $\frac{1}{2}$

$$2x^2 + x - \frac{1}{2}$$

Solve by dividing each term.

$$\frac{8x - 6 + 4}{2} =$$

$$\frac{4x^2 - 4}{2} =$$

$$\frac{10x^2 - 6x + 8}{2x} =$$

$$\frac{2a^2 - 4a}{2a} =$$

$$\frac{4n^2 + 6n - 12}{2} =$$

$$\frac{14z^2 - 49z}{7z} =$$