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Prove that a is an eigenvalue of $p(T)$ if and only if $a = p(\lambda)$ for some eigenvalue λ of T

\Rightarrow suppose a is an eigenvalue of $P(T)$ when
 $p(z) = a_0 + a_1 z + \dots + a_k z^k$

$$p(T) = a_0 I + a_1 T + \dots + a_k T^k$$

$v \neq 0$, $av = p(T)v \Rightarrow (P(T) - aI)v = 0 \Rightarrow$ not all injective \Rightarrow

$a_k (T - \lambda_1 I) \dots (T - \lambda_k I) v = 0 \Rightarrow$ there is a λ_j
eigenvalue of T
root of $p(z) - a$

$$\Rightarrow p(\lambda_j) - a = 0 \Rightarrow p(\lambda_j) = a$$

\Leftarrow if $a = p(\lambda)$ for some eigenvalue of T
with eigenvector v

$$\begin{aligned} p(T)v &= (a_0 I + \dots + a_k T^k)v = a_0 v + \dots + a_k \lambda^k v \\ &= (a_0 + a_1 \lambda + \dots + a_k \lambda^k)v \\ &= p(\lambda)v \end{aligned}$$

$\Rightarrow a = p(\lambda)$ is an eigenvalue of $p(T)$.