A particle moves along a straight line. For $0 \leq t \leq 5$, the velocity of the particle is given by $v(t) = -2 + (t^2 + 3t) - t^3$, and the position of the particle is given by $s(t)$. It is known that $s(0) = 10$.

(a) Find all values of $t$ in the interval $2 \leq t \leq 4$ for which the speed of the particle is 2.

(b) Write an expression involving an integral that gives the position $s(t)$. Use this expression to find the position of the particle at time $t = 5$.

(c) Find all times $t$ in the interval $0 \leq t \leq 5$ at which the particle changes direction. Justify your answer.

(d) Is the speed of the particle increasing or decreasing at time $t = 4$? Give a reason for your answer.