Let (1)
$$S = \sum_{n=1}^{\infty} \frac{n^2}{2^n}$$

This can be written

(2)
$$S = \sum_{n=0}^{\infty} \frac{n^2}{2^n} = \sum_{n=1}^{\infty} \frac{(n-1)^2}{2^{n-1}} = 2 \sum_{n=1}^{\infty} \frac{(n-1)^2}{2^n}$$

From (1) and (2) we get

$$S - \frac{1}{2} S = \sum_{n=1}^{\infty} \frac{n^2}{2^n} - \sum_{n=1}^{\infty} \frac{(n-1)^2}{2^n}$$

$$= \sum_{n=1}^{\infty} \frac{n^2 - (n-1)^2}{2^n} = \sum_{n=1}^{\infty} \frac{n^2 - (n^2 - 2n + 1)}{2^n}$$

(3)
$$\frac{1}{2}$$
 S = $\sum_{n=1}^{\infty} \frac{2n-1}{2^n}$ or S = $2\sum_{n=1}^{\infty} \frac{2n-1}{2^n}$

If we extract the first term in the series, we get:

S = 2 (
$$\frac{1}{2} + \sum_{n=2}^{\infty} \frac{2n-1}{2^n}$$
) = 1 + 2 $\sum_{n=1}^{\infty} \frac{2n+1}{2^{n+1}}$) (moving from n to n-1)

(4)
$$S = 1 + \sum_{n=1}^{\infty} \frac{2n+1}{2^n}$$

From (4) and (3) we have:

$$= 2(1 + \sum_{n=1}^{\infty} \frac{2n+1}{2^n}) - 2 \sum_{n=1}^{\infty} \frac{2n-1}{2^n}$$

$$= 2 + 2 \sum_{n=1}^{\infty} \frac{2n+1}{2^n} - 2 \sum_{n=1}^{\infty} \frac{2n-1}{2^n}$$

$$=2+2\sum_{n=1}^{\infty}\frac{2n}{2n}+2\sum_{n=1}^{\infty}\frac{1}{2n}-2\sum_{n=1}^{\infty}\frac{2n}{2n}+2\sum_{n=1}^{\infty}\frac{1}{2n}$$

This gives

$$S = 2 + + 2 \sum_{n=1}^{\infty} \frac{1}{2^n} + 2 \sum_{n=1}^{\infty} \frac{1}{2^n}$$