Convert the following to rectangular form:
(a) $z=\sqrt{2} e^{-j(3 \pi / 4)}$
(b) $z=7 e^{j(3 \pi / 2)}$
(c) $z=1.6 \angle(\pi / 3)$
(d) $z=3 \angle(11 \pi)$

Give numerical values for the real and imaginary parts.

