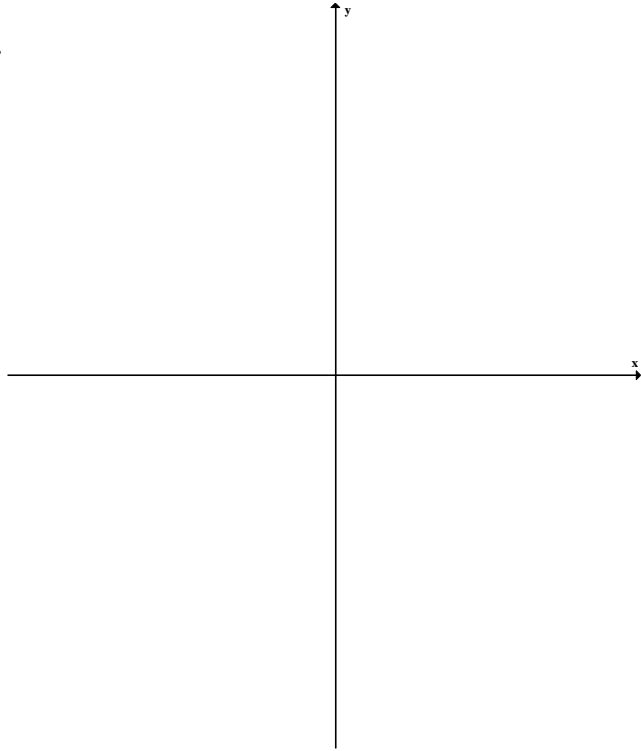Consider a $\frac{\pi}{4}$ radian angle.

1) Sketch this angle on the axis provided below.

2) What is the measure of this angle in degrees-minutes-seconds? Round to the nearest second.