

$|lm\rangle = |m\rangle$
 $|1/2\ 1/2\rangle = |u\rangle; \quad |1/2\ -1/2\rangle = |d\rangle$

product wavefunctions:

$|lm\rangle \quad |1/2\ 1/2\rangle = |m\rangle|u\rangle = |m\ u\rangle$
 $|lm+1\rangle \quad |1/2\ -1/2\rangle = |m+1\rangle|d\rangle = |m+1\ d\rangle$

L+ $|lm\rangle = \text{Sqrt}[l(l+1)-m(m+1)] \quad |lm+1\rangle$
 L- $|lm\rangle = \text{Sqrt}[l(l+1)-m(m-1)] \quad |lm-1\rangle$
 S+ $|u\rangle=0; \quad S+ \quad |d\rangle=|u\rangle; \quad S- \quad |u\rangle=|d\rangle; \quad S- \quad |d\rangle=0;$

L+ S- $|m\ u\rangle = \text{Sqrt}[l(l+1)-m(m+1)] \quad |m+1\ d\rangle$
 L+ S- $|m+1\ d\rangle = 0$

L- S+ $|m\ u\rangle = 0$
 L- S+ $|m+1\ d\rangle = \text{Sqrt}[l(l+1)-(m+1)m] \quad |m\ u\rangle$

Lz Sz $|m\ u\rangle = m/2 \quad |m\ u\rangle$
 Lz Sz $|m+1\ d\rangle = -(m+1)/2 \quad |m\ u\rangle$

$(L^2+S^2) X = (l(l+1)+3/4) X$

$J2 = \{ \{ (l(l+1)+3/4)+m, \text{Sqrt}[l(l+1)-(m+1)m] \},$
 $\{ \text{Sqrt}[l(l+1)-m(m+1)], (l(l+1)+3/4)-(m+1) \} \}$

Eigensystem[J2]

Out[13]= $\left\{ \left\{ \frac{-1 + 4 l^2}{4}, \frac{3 + 8 l + 4 l^2}{4} \right\}, \right.$
 $\left. \left\{ \left\{ -\frac{\text{Sqrt}[l + l^2 - m - m^2]}{1 + l + m}, 1 \right\}, \left\{ \frac{\text{Sqrt}[l + l^2 - m - m^2]}{1 - m}, 1 \right\} \right\} \right\}$

Look carefully at signs: v1 has mixed signs; v2 is both positive.

values=Factor[First[%]]

Out[14]= $\left\{ \frac{(-1 + 2 l) (1 + 2 l)}{4}, \frac{(1 + 2 l) (3 + 2 l)}{4} \right\}$

these are $j(j+1)$ for $j=1-1/2$ and $j=1+1/2$

vectors= {Normalize[First[Last[%]]],Normalize[Last[Last[%]]]}

v2=Simplify[vectors^2,Assumptions->{l>m,m>0}]

Out[5]= $\left\{ \left\{ \frac{1 - m}{1 + 2 l}, \frac{1 + l + m}{1 + 2 l} \right\}, \left\{ \frac{1 + l + m}{1 + 2 l}, \frac{1 - m}{1 + 2 l} \right\} \right\}$

%5 /. {l->3/2,m->-3/2}

Out[6]= $\left\{ \left\{ -\frac{3}{4}, -\frac{1}{4} \right\}, \left\{ -\frac{1}{4}, -\frac{3}{4} \right\} \right\}$

%5 /. {l->2,m->1}

Out[7]= $\left\{ \left\{ -\frac{1}{5}, -\frac{4}{5} \right\}, \left\{ -\frac{4}{5}, -\frac{1}{5} \right\} \right\}$