Task:

calculate the molaity of a solution made by dissolving 40g NaCl in 300g of water

Solution:
It's not clear what we have to find in the task. Is "molaity" a molarity or molality?

So let's find both of them.

1) Molarity

$C(M) = n(mol) / V(L)$

C – molarity of the solution (mol/L)
n – number of moles of NaCl
V – volume of solution (L)

The amount of NaCl is
$n(mol) = m(g) / MW(g/mol)$

$MW(NaCl) = MW(Na) + MW(Cl) = 23 + 35.5 = 58.5$ g/mol

$n(NaCl) = 40 / 58.5 = 0.684$ mol

The density of water d = 1.00 g / cm^3
The volume of solution ≈ the volume of water
$V(water) = m(g) / d (g/cm^3) = 300 / 1.00 = 300$ mL = 0.300 L

The molarity of NaCl solution is
$C(NaCl) = n(NaCl) / V(L)$
$C(NaCl) = 0.684 / 0.300 = 2.28$ M

2) **Molality** – number of moles of substance in 1 kg of solvent

$M(mol / kg) = n(mol) / m(kg)$
The number of moles of NaCl we have already found
$n(NaCl) = 0.684$ mol
$m(H_2O) = 300$ g = 0.300 kg

The molality of the solution is
$M(mol / kg) = n(mol) / m(kg)$

$M(NaCl) = n(NaCl) / m(H2O)$
$M(NaCl) = 0.684 / 0.300 = 2.28$ mol / kg
In our case the molarity is equal to molality

Answer: C(NaCl) =2.28 M; M(NaCl) = 2.28 mol / kg