

Modulus:

$$|1 + i| = \sqrt{1^2 + 1^2} = \sqrt{2}$$

Arguments:

$$\text{Arg}(1 + i) = \arctan\left(\frac{1}{1}\right) = \frac{\pi}{4}$$

because $\text{Re } z = \text{Re } (1 + i) = 1 > 0$ and $\text{Im } z = \text{Im } (1 + i) = 1 > 0$.