

$$S^2 = \frac{\sum_{i=1}^n (X_i - \bar{X})^2}{n-1} \text{ is an unbiased estimator of } \sigma^2.$$

That is,

$$\text{mean of } S^2 = E\left[\frac{\sum_{i=1}^n (X_i - \bar{X})^2}{n-1}\right] = \sigma^2$$

PROOF

$$(n-1)E[S^2] = E\left[\sum_{i=1}^n (X_i - \bar{X})^2\right]$$

$$= E\left[\sum_{i=1}^n (X_i^2 - 2X_i\bar{X} + \bar{X}^2)\right]$$

$$= E\left[\sum_{i=1}^n X_i^2 - 2\bar{X}\sum_{i=1}^n X_i + \sum_{i=1}^n \bar{X}^2\right]$$

$$= E\left[\sum_{i=1}^n X_i^2 - 2\bar{X}(n\bar{X}) + n\bar{X}^2\right]$$

$$= E\left[\sum_{i=1}^n X_i^2 - n\bar{X}^2\right]$$

$$= \sum_{i=1}^n E[X_i]^2 - nE[\bar{X}^2]$$

$$= nE[X_1]^2 - nE[\bar{X}^2]$$

Recall that:

$$Var(Y) = E[Y^2] - (E[Y])^2$$

$$\Rightarrow E[Y^2] = Var(Y) + (E[Y])^2$$

$$E[X_1^2] = Var(X_1) + (E[X_1])^2$$

$$= \sigma^2 + \mu^2$$

$$E[\bar{X}^2] = Var(\bar{X}) + (E[\bar{X}])^2$$

$$= \frac{\sigma^2}{n} + \mu^2$$

Hence,

$$(n-1)E[S^2]$$

$$= n(\sigma^2 + \mu^2) - n\left(\frac{\sigma^2}{n} + \mu^2\right)$$

$$= (n-1)\sigma^2$$

That is, $E[S^2] = \sigma^2$