

|   |    |                                      |                                       |  |  |   |   |  |  |   |   |                                       |   |   |                                       |  |  |   |                                     |                                  |
|---|----|--------------------------------------|---------------------------------------|--|--|---|---|--|--|---|---|---------------------------------------|---|---|---------------------------------------|--|--|---|-------------------------------------|----------------------------------|
| 1 | 1A | 1<br><b>H</b><br>Hydrogen<br>1.01    | 2<br>2A                               | 3                                      | 4  | 5   | 6                                       | 7                                      | 8                                      | 9                                       | 10                                      | 11                                    | 12                                      | 13<br>3A                                | 14<br>4A                              | 15<br>5A                                 | 16<br>6A                               | 17<br>7A                                | 18<br>8A                            | 2<br><b>He</b><br>Helium<br>4.00 |
| 2 |    | 3<br><b>Li</b><br>Lithium<br>6.94    | 4<br><b>Be</b><br>Beryllium<br>9.01   |  |  |   |   |  |  |   |   |                                       |   | 5<br><b>B</b><br>Boron<br>10.81         | 6<br><b>C</b><br>Carbon<br>12.01      | 7<br><b>N</b><br>Nitrogen<br>14.01       | 8<br><b>O</b><br>Oxygen<br>16.00       | 9<br><b>F</b><br>Fluorine<br>19.00      | 10<br><b>Ne</b><br>Neon<br>20.18    |                                  |
| 3 |    | 11<br><b>Na</b><br>Sodium<br>22.99   | 12<br><b>Mg</b><br>Magnesium<br>24.31 | 3B                                     | 4B   | 5B  | 6B                                      | 7B                                     | 8B                                     |   | 1B                                      | 2B                                    |   | 13<br><b>Al</b><br>Aluminum<br>26.98    | 14<br><b>Si</b><br>Silicon<br>28.09   | 15<br><b>P</b><br>Phosphorus<br>30.97    | 16<br><b>S</b><br>Sulfur<br>32.07      | 17<br><b>Cl</b><br>Chlorine<br>35.45    | 18<br><b>Ar</b><br>Argon<br>39.95   |                                  |
| 4 |    | 19<br><b>K</b><br>Potassium<br>39.10 | 20<br><b>Ca</b><br>Calcium<br>40.08   | 21<br><b>Sc</b><br>Scandium<br>44.96   | 22<br><b>Ti</b><br>Titanium<br>47.87       | 23<br><b>V</b><br>Vanadium<br>50.94       | 24<br><b>Cr</b><br>Chromium<br>52.00    | 25<br><b>Mn</b><br>Manganese<br>54.94  | 26<br><b>Fe</b><br>Iron<br>55.85       | 27<br><b>Co</b><br>Cobalt<br>58.93      | 28<br><b>Ni</b><br>Nickel<br>58.69      | 29<br><b>Cu</b><br>Copper<br>63.55    | 30<br><b>Zn</b><br>Zinc<br>65.39        | 31<br><b>Ga</b><br>Gallium<br>69.72     | 32<br><b>Ge</b><br>Germanium<br>72.61 | 33<br><b>As</b><br>Arsenic<br>74.92      | 34<br><b>Se</b><br>Selenium<br>78.96   | 35<br><b>Br</b><br>Bromine<br>79.90     | 36<br><b>Kr</b><br>Krypton<br>83.80 |                                  |
| 5 |    | 37<br><b>Rb</b><br>Rubidium<br>85.47 | 38<br><b>Sr</b><br>Strontium<br>87.62 | 39<br><b>Y</b><br>Yttrium<br>88.91     | 40<br><b>Zr</b><br>Zirconium<br>91.22      | 41<br><b>Nb</b><br>Niobium<br>92.91       | 42<br><b>Mo</b><br>Molybdenum<br>95.94  | 43<br><b>Tc</b><br>Technetium<br>(98)  | 44<br><b>Ru</b><br>Ruthenium<br>101.07 | 45<br><b>Rh</b><br>Rhodium<br>102.91    | 46<br><b>Pd</b><br>Palladium<br>106.42  | 47<br><b>Ag</b><br>Silver<br>107.87   | 48<br><b>Cd</b><br>Cadmium<br>112.41    | 49<br><b>In</b><br>Indium<br>114.82     | 50<br><b>Sn</b><br>Tin<br>118.71      | 51<br><b>Sb</b><br>Antimony<br>121.76    | 52<br><b>Te</b><br>Tellurium<br>127.60 | 53<br><b>I</b><br>Iodine<br>126.90      | 54<br><b>Xe</b><br>Xenon<br>131.29  |                                  |
| 6 |    | 55<br><b>Cs</b><br>Cesium<br>132.91  | 56<br><b>Ba</b><br>Barium<br>137.33   | 57<br><b>La</b><br>Lanthanum<br>138.91 | 72<br><b>Hf</b><br>Hafnium<br>178.49       | 73<br><b>Ta</b><br>Tantalum<br>180.95     | 74<br><b>W</b><br>Tungsten<br>183.84    | 75<br><b>Re</b><br>Rhenium<br>186.21   | 76<br><b>Os</b><br>Osmium<br>190.23    | 77<br><b>Ir</b><br>Iridium<br>192.22    | 78<br><b>Pt</b><br>Platinum<br>195.08   | 79<br><b>Au</b><br>Gold<br>196.97     | 80<br><b>Hg</b><br>Mercury<br>200.59    | 81<br><b>Tl</b><br>Thallium<br>204.38   | 82<br><b>Pb</b><br>Lead<br>207.2      | 83<br><b>Bi</b><br>Bismuth<br>208.98     | 84<br><b>Po</b><br>Polonium<br>(209)   | 85<br><b>At</b><br>Astatine<br>(210)    | 86<br><b>Rn</b><br>Radon<br>(222)   |                                  |
| 7 |    | 87<br><b>Fr</b><br>Francium<br>(223) | 88<br><b>Ra</b><br>Radium<br>(226)    | 89<br><b>Ac</b><br>Actinium<br>(227)   | 104<br><b>Rf</b><br>Rutherfordium<br>(261) | 105<br><b>Db</b><br>Dubnium<br>(262)      | 106<br><b>Sg</b><br>Seaborgium<br>(266) | 107<br><b>Bh</b><br>Bohrium<br>(264)   | 108<br><b>Hs</b><br>Hassium<br>(269)   | 109<br><b>Mt</b><br>Meitnerium<br>(268) |   |                                       |   |   |                                       |  |  |   |                                     |                                  |
|   |    |                                      |                                       |  | 58<br><b>Ce</b><br>Cerium<br>140.12        | 59<br><b>Pr</b><br>Praseodymium<br>140.91 | 60<br><b>Nd</b><br>Neodymium<br>144.24  | 61<br><b>Pm</b><br>Promethium<br>(145) | 62<br><b>Sm</b><br>Samarium<br>150.36  | 63<br><b>Eu</b><br>Europium<br>151.96   | 64<br><b>Gd</b><br>Gadolinium<br>157.25 | 65<br><b>Tb</b><br>Terbium<br>158.93  | 66<br><b>Dy</b><br>Dysprosium<br>162.50 | 67<br><b>Ho</b><br>Holmium<br>164.93    | 68<br><b>Er</b><br>Erbium<br>167.26   | 69<br><b>Tm</b><br>Thulium<br>168.93     | 70<br><b>Yb</b><br>Ytterbium<br>173.04 | 71<br><b>Lu</b><br>Lutetium<br>174.97   |                                     |                                  |
|   |    |                                      |                                       |  | 90<br><b>Th</b><br>Thorium<br>232.04       | 91<br><b>Pa</b><br>Protactinium<br>231.04 | 92<br><b>U</b><br>Uranium<br>238.03     | 93<br><b>Np</b><br>Neptunium<br>(237)  | 94<br><b>Pu</b><br>Plutonium<br>(244)  | 95<br><b>Am</b><br>Americium<br>(243)   | 96<br><b>Cm</b><br>Curium<br>(247)      | 97<br><b>Bk</b><br>Berkelium<br>(247) | 98<br><b>Cf</b><br>Californium<br>(251) | 99<br><b>Es</b><br>Einsteinium<br>(252) | 100<br><b>Fm</b><br>Fermium<br>(257)  | 101<br><b>Md</b><br>Mendelevium<br>(258) | 102<br><b>No</b><br>Nobelium<br>(259)  | 103<br><b>Lr</b><br>Lawrencium<br>(262) |                                     |                                  |

**Key**

11 — Atomic number  
**Na** — Element symbol  
 Sodium — Element name  
 22.99 — Average atomic mass\*

\* If this number is in parentheses, then it refers to the atomic mass of the most stable isotope.

## Formulas

**Ideal Gas Law:**  $PV = nRT$

**Combined Gas Law:**  $\frac{P_1V_1}{T_1} = \frac{P_2V_2}{T_2}$

**Pressure Formula:**  $P = \frac{F}{A}$

**Mass-Energy Formula:**  $E = mc^2$

**Calorimetric Formulas –**

**No Phase Change:**  $Q = m(\Delta T)C_p$

**Latent Heat of Fusion:**  $Q = m\Delta H_{\text{fus}}$

**Latent Heat of Vaporization:**  $Q = m\Delta H_{\text{vap}}$

## Constants

**Volume of Ideal Gas at STP:**  $22.4 \frac{\text{L}}{\text{mol}}$

**Speed of Light in a Vacuum:**  $c = 3.00 \times 10^8 \frac{\text{m}}{\text{s}}$

**Specific Heat of Water:**  $C_p(\text{H}_2\text{O}) = 1.00 \frac{\text{cal}}{(\text{g } ^\circ\text{C})} = 4.18 \frac{\text{J}}{(\text{g } ^\circ\text{C})}$

**Latent Heat of Fusion of Water:**  $\Delta H_{\text{fus}}(\text{H}_2\text{O}) = 80 \frac{\text{cal}}{\text{g}} = 334 \frac{\text{J}}{\text{g}}$

**Latent Heat of Vaporization of Water:**  $\Delta H_{\text{vap}}(\text{H}_2\text{O}) = 540 \frac{\text{cal}}{\text{g}} = 2260 \frac{\text{J}}{\text{g}}$

## Unit Conversions

**Calorie-Joule Conversion:**  $1 \text{ cal} = 4.184 \text{ J}$

**Absolute Temperature Conversion:**  $\text{K} = ^\circ\text{C} + 273$

**Pressure Conversions:**  $1 \text{ atm} = 760 \text{ mm Hg} = 760 \text{ Torr} = 101.325 \text{ kPa} = 14.7 \frac{\text{lbs.}}{\text{in.}^2} = 29.92 \text{ in. Hg}$