

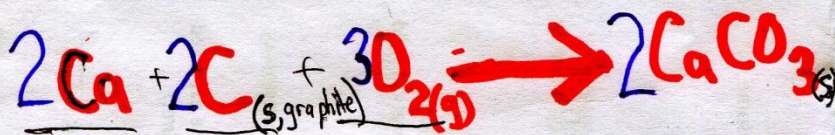
How to write the heat of formation of anything.

1. RULES

- the elements are written in their standard state on the left of the arrow.
- the product is written on the right side of the arrow
- ~~look~~ Look up the ΔH in a table and write it on the right.
- to be in standard state ~~the phase~~ means "write SOLID, LIQUID, GAS for that substance, at room temperature"

2. Examples

Write the formation of calcium carbonate



$$\Delta H = -1207 \text{ kJ MOLE}^{-1}$$

Write the formation of Iodine



$$\Delta H = 0$$

Potential Energy - hidden energy
examples gravity potential, chemical potential,

Kinetic Energy - energy of movement