



Some Big Ideas

- Low energy \equiv low in potential energy \equiv more stable.
- If a system absorbs energy, the natural tendency is to release it.
 - That is, achieving low potential energy is “natural”.
 - Ground state preferred over excited state.
- Energy is converted from one form to another but is NOT created nor destroyed.
 - First law of thermodynamics.
 - Energy is a state function (heat and work are not).