

Date _____

TIME BLOCKING

Time Blocking

My Top 3 Priorities

7am

1.

8am

2.

3.

9am

Things I need to accomplish today

10am

11am

12nn

1pm

2pm

Notes and other important reminders

3pm

4pm

5pm

6pm

Water Consumption

7pm



8pm

Breakfast

Lunch

Dinner

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Mark Karlen



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web $m \times c \times \Delta t$ equation 1 where m is the total mass of the solution solute plus solvent c is the specific heat of the solution and Δt is the observed temperature change the specific heat of the solution is generally assumed to be the same as that of guided inquiry designing the ideal hand warmer - Dec 27 2022

web the heat of reaction ΔH_{soln} is written after the products in units of kJ mol rxn for example sodium hydroxide dissolves exothermically releasing 44.2 kilojoules per mole dissolved this process is represented as $\text{NaOH (s)} \rightarrow \text{NaOH (aq)}$ $\Delta H_{\text{soln}} = 44.2 \text{ kJ mol rxn}$ write equations to similarly represent the dissolving process for

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web hand warmers are usually placed inside the gloves to keep your hands warm the heat keeping your hands warm is formed as a result of an exothermic reaction which occurs in a small packet hand warmers have 5 main ingredients in them salt carbon polypropylene vermiculite water and iron

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web background the hand warmers are filled with sodium acetate click the metal disc and you will notice the liquid changes state and becomes a solid in the process heat is released the sodium acetate is a supersaturated solution

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web in this lab you are challenged to use chemistry to determine which ionic compound makes the best hand warmer in this experiment you will collect data that will allow you to calculate the heat of solution ΔH_{soln} or the amount of energy released or absorbed in kJ mol of the substance being dissolved

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