Blurt it

Step 1

Name _____ Date _____

1. Cover your notes and put your phone face down.
2. Set a timer for 5 minutes.
3. Write down everything you remember about energy changes: facts, key words, equations, practicals, and mistakes to avoid. Diagrams count too.

Stuck? Start with one of these: exothermic · endothermic · activation energy

When the timer ends, turn over and check what you remembered.

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Check it, fix it, space it

Steps 2, 3 and 4

Check it

Tick each idea you wrote down, even in your own words.

- [ ] Energy is conserved in chemical reactions
- [ ] Exothermic reactions give out energy, so the surroundings get warmer: combustion, neutralisation, hand warmers
- [ ] Endothermic reactions take in energy, so the surroundings get cooler: thermal decomposition, sports cold packs
- [ ] Particles must collide with enough energy to react: this minimum is the activation energy
- [ ] A reaction profile shows the energy of the reactants and products, the activation energy and the overall energy change
- [ ] In an exothermic profile the products end lower than the reactants; in an endothermic profile they end higher

Higher only

- [ ] Breaking bonds takes in energy; making bonds gives out energy
- [ ] Exothermic if more energy is given out making bonds than is taken in breaking them; endothermic if it is the other way round
- [ ] Work out the energy change of a reaction using bond energies

Key words to use: exothermic · endothermic · activation energy · reaction profile · bond energy

I remembered _____ out of 6. **Higher only: _____ out of 3.**

Fix it

Pick 3 ideas you missed. Look them up, then write each one correctly.

1

2

3

Space it

Blurt again on a fresh sheet. Gaps help you remember for longer.

Tomorrow

Date _____
Score _____ / 6
Higher only _____ / 3

In 3 days

Date _____
Score _____ / 6
Higher only _____ / 3

In a week

Date _____
Score _____ / 6
Higher only _____ / 3

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