

SiQuENC: Work-energy theorem

Neatly and graphically represent situation(s)

Carefully read the problem three times.

For each situation, draw object(s) and relevant aspects of environment.

use dashed bubble(s) to indicate object(s) in system.

indicate frame of reference, including, if applicable, where $h = 0$.

Identify requested unknowns.

Illustration of **initial** situation

Illustration of **final** situation

Graphically represent quantities and their relationships

Bar chart

Initial energies and work that is otherwise unaccounted for

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Bar chart

Final energies and change in internal energy

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Identify relevant allowed starting point (in) equation(s)

$$\overbrace{\Sigma K_i + \Sigma U_{G,i} + \Sigma U_{S,i}}^{ME_{SYS,i}} + \Sigma \Delta W_{OUF} = \overbrace{\Sigma K_f + \Sigma U_{G,f} + \Sigma U_{S,f}}^{ME_{SYS,f}} + \Sigma \Delta U_{INT}$$

	Questions	Terms
1	Is there any moving object?	$K_{PARTICLE} = \frac{1}{2}mv^2$
2	Is there any object at a height different from the reference height?	$U_G = mgh$ or $-G \frac{m_1 m_2}{r}$
3	Is there any distorted spring?	$U_S = \frac{1}{2}k(\Delta x)^2$
4	Is any work done on the object(s) in the system by any force(s) otherwise unaccounted for?	ΔW_{OUF}
5	Were materials warmed, burned, metabolized, or otherwise chemically reacted?	ΔU_{INT}

Use numbered steps to show REASoNing

Communicate