

equivalence statements

units you want to convert between		where to get the equivalence statement
unit (e.g., meters) with metric prefix	same unit without metric prefix	1 km = 1000 m 100 cm = 1 m 1000 mm = 1 m Consult textbook for the other metric prefixes.
molecules	atoms in the same molecule	use the subscripts from the molecular formula
moles of X	individual X's	1 mole X = 6.02×10^{23} individual X's It's your job to insert an appropriate term for the individuals (e.g., "atoms", "molecules", "ions")
atoms or molecules of X	amu of X	use masses from the periodic table
moles of X	grams of X	
molecules of X	molecules of Y	use the coefficients from the balanced chemical reaction that involves X and Y
moles of X	moles of Y	