

Temperature	T
$\Delta T$	S
Heat q	m
Exothermic	Q
Endothermic	

<p><b>Temperature</b></p>	<p><b>Measure of the average kinetic energy of the atoms or molecules of the system</b></p>
<p><b>specific heat</b></p> <p><b>Units J/g•°C</b></p>	<p><b>Change in temperature</b></p> <p><b>°C</b></p>
<p><b>Mass of a substance</b></p> <p><b>(kg)</b></p>	<p><b>Thermal energy transferred from a hotter system to a cooler system</b></p>
<p><b>Heat energy</b></p> <p><b>(Joules or J or calories)</b></p>	<p><b>Reaction or process accomplished by the release of heat</b></p> <p><b>Heat as a product</b></p>
<p><b>Reaction or process that requires the absorption of heat</b></p>	