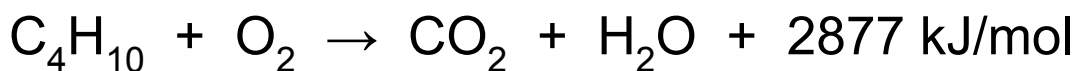


Exothermic

$-\Delta H$

- releasing heat
- negative heat change because heat is lost
- heat goes FROM the system TO the surroundings
- surroundings get "warmer"
- keywords: released, lost, given off, combustion, condensation, freezing/solidification, produced
- heat is a product, e.g.:



Endothermic

$+\Delta H$

- absorbing heat
- positive heat change because heat is gained
- heat goes FROM the surroundings TO the system
- surroundings get "colder"
- absorbed, gained, taken in, vaporization / boiling, evaporation, melting/fusion, required
- heat is a reactant, e.g.:

