# Enemy called average Workbook

## Understanding the Enemy Called Average: A Deep Dive into Mediocrity

**The enemy called average** is a silent force that threatens personal growth, professional success, and overall fulfillment. It?s the tendency to settle for mediocrity, to accept ?good enough? rather than striving for excellence. While comfort and complacency might seem harmless, they often hinder progress and prevent individuals from reaching their full potential. Recognizing and overcoming this enemy is essential for anyone committed to growth, achievement, and greatness.

## What Is the Enemy Called Average?

### Definition and Concept

The enemy called average refers to the internal and external forces that encourage complacency and discourage striving beyond mediocrity. It manifests as a mindset that accepts the status quo, avoids challenge, and settles for less than one?s best. This enemy can be rooted in fear of failure, lack of motivation, or societal norms that promote comfort over challenge.

### The Roots of Mediocrity

- Fear of Failure: The fear that trying and failing is worse than not trying at all can trap individuals in a cycle of mediocrity.
- Comfort Zone: Staying within familiar boundaries feels safe but limits potential.
- External Influences: Societal expectations, peer pressure, and cultural norms can promote complacency.
- Lack of Clarity or Goals: Without clear objectives, it?s easy to drift into average routines.
- Procrastination and Distraction: Delaying action and succumbing to distractions diminish progress toward excellence.

## Why the Enemy Called Average Is Dangerous

### Stifles Personal Growth

Accepting mediocrity hampers self-improvement. When you settle for less, you miss opportunities to learn, develop new skills, and expand your horizons.

### Limits Career Advancement

In professional settings, complacency can prevent individuals from pursuing promotions, higher responsibilities, or innovative projects, stagnating career growth.

### Reduces Life Satisfaction

Living a life of average often leads to regret, lack of fulfillment, and unfulfilled potential. It may seem comfortable in the short term but can result in long-term dissatisfaction.

### Creates a Cycle of Complacency

Once mediocrity becomes a habit, breaking free becomes harder. It breeds a mindset that normalizes settling, making extraordinary achievement seem distant or unattainable.

## Signs You Might Be Facing the Enemy Called Average

### Indicators of Mediocrity

- Consistently doing just enough to get by
- Lack of enthusiasm for challenges or new opportunities
- Settling for the minimum effort required
- Avoiding risks or unfamiliar tasks
- Feeling unfulfilled despite superficial success
- Comparing yourself unfavorably to high achievers

## Strategies to Overcome the Enemy Called Average

### 1. Cultivate a Growth Mindset

Adopt the belief that abilities and intelligence can be developed through effort. This mindset encourages continuous learning and resilience.

### 2. Set Clear, Challenging Goals

Goals provide direction and motivation. Make them Specific, Measurable, Achievable, Relevant, and Time-bound (SMART):

- Define what excellence looks like in your context

- Break goals into actionable steps
- Track progress regularly

### 3. Embrace Discomfort and Challenges

Growth often involves discomfort. Seek out challenges that push your limits, whether through learning new skills, taking on difficult projects, or stepping outside your comfort zone.

### 4. Develop Discipline and Consistency

Success is built on consistent effort. Create routines that promote productivity and focus, such as daily habits, time management, and accountability partners.

### 5. Prioritize Quality Over Quantity

Strive for excellence in your work and personal life rather than settling for mere adequacy.

### 6. Learn from Failures

View failures as learning opportunities. Analyze mistakes, adjust your approach, and persist.

### 7. Avoid Complacency Traps

Regularly challenge yourself with new goals, skills, or environments to prevent settling into comfort zones.

## The Role of Mindset and Habits in Combating Mediocrity

### Building a Success-Oriented Mindset

Your beliefs and attitudes shape your actions. Cultivate positivity, resilience, and a relentless pursuit of excellence.

### Developing Powerful Habits

Habits determine long-term success. Focus on:

- Daily self-improvement routines
- Regular reflection and goal reassessment
- Seeking feedback and mentorship

# The Power of Inspiration and Role Models

## Learning from High Achievers

Surround yourself with individuals who embody excellence. Their habits, attitudes, and achievements can motivate you to break free from average.

## Creating a Vision for Your Future

Visualize the life you want to lead. Use this vision as a motivator to push beyond mediocrity and pursue extraordinary goals.

# Case Studies: Overcoming the Enemy Called Average

## Successful Entrepreneurs Who Defied Mediocrity

- Elon Musk: Known for relentless innovation and pushing boundaries in technology and space exploration.
- Sara Blakely: Built Spanx from scratch by refusing to settle for average in her entrepreneurial journey.

## Personal Transformation Stories

Many individuals have transformed their lives by rejecting comfort zones, setting ambitious goals, and embracing continuous growth.

# Conclusion: Your Battle Against Average Starts Today

The enemy called average is a formidable opponent, but with awareness, determination, and strategic action, it can be defeated. Embrace a mindset of excellence, set challenging goals, cultivate empowering habits, and seek inspiration from those who refuse to settle. Remember, greatness is not reserved for a select few?it?s accessible to anyone willing to overcome the enemy called average and pursue their highest potential. Start today, push beyond your limits, and turn mediocrity into a stepping stone toward extraordinary achievement.

Enemy Called Average: The Hidden Barrier to Success and How to Overcome It

In the pursuit of excellence, achievement, and mastery, many individuals stumble not because of lack of talent, resources, or opportunity but due to a silent adversary lurking within?the Enemy Called Average. It?s a concept often overlooked, yet its influence can be profound, subtly

sabotaging efforts, dampening motivation, and hindering progress. To truly unlock your potential, it?s crucial to identify, understand, and combat this enemy. In this comprehensive analysis, we?ll explore what the Enemy Called Average entails, how it manifests, and most importantly, strategies to overcome it.

## Understanding the Enemy Called Average

### Defining the Enemy

The Enemy Called Average isn?t a tangible foe but rather a metaphor for complacency, mediocrity, and settling for less than your best. It represents a mindset?an internal state?that encourages individuals to accept mediocrity instead of striving for excellence. This enemy manifests when one becomes comfortable with ?good enough,? avoids challenges, and resists pushing beyond their current limits.

Key Characteristics of the Enemy Called Average:

- Contentment with the status quo
- Fear of failure or rejection
- Resistance to change or growth
- Lack of ambition or vision
- Procrastination and complacency
- Self-doubt and negative self-talk

This enemy is insidious because it often masquerades as humility, realism, or practicality. Many believe that avoiding risk and avoiding failure equates to safety, but in reality, it fosters stagnation.

## How the Enemy Called Average Manifests

Understanding how this enemy operates is essential for effective combat. Here are the primary ways it reveals itself:

### 1. Settling for Comfort Over Challenge

People often choose routines that are familiar and comfortable, avoiding situations that demand growth or adaptation. While comfort feels good temporarily, it hampers development and innovation.

### 2. Procrastination and Lack of Discipline

Putting off tasks, delaying important projects, or engaging in distractions are common behaviors that

maintain mediocrity. These habits prevent individuals from reaching their potential.

### 3. Fear of Failure

The enemy thrives on the fear of making mistakes. This fear discourages taking risks, trying new approaches, or pursuing ambitious goals.

### 4. Negative Self-Talk and Self-Limitation

Internal dialogues such as ?I?m not good enough,? or ?I can?t do this,? reinforce feelings of inadequacy and reinforce the enemy?s grip.

### 5. Lack of Clear Goals

Without a clear vision or purpose, individuals drift aimlessly, accepting whatever comes their way instead of actively shaping their future.

### 6. Resistance to Feedback and Growth

Avoiding constructive criticism and resisting learning opportunities allows mediocrity to set in.

## Consequences of Allowing the Enemy to Dominate

If left unchecked, the Enemy Called Average can have detrimental effects on various aspects of life:

- Career stagnation: Limited growth opportunities and missed promotions.
- Personal development stagnation: Failure to acquire new skills or knowledge.
- Relationship dissatisfaction: Lack of effort to deepen personal connections.
- Reduced fulfillment: A sense of unfulfillment and regret.
- Lost potential: The biggest casualty is one?s unrealized capabilities.

Recognizing these consequences underscores the importance of actively fighting this enemy.

## Strategies to Defeat the Enemy Called Average

Overcoming the Enemy Called Average requires deliberate effort, mindset shifts, and consistent action. Here are proven strategies to help you rise above mediocrity:

### 1. Cultivate a Growth Mindset

A growth mindset, as popularized by psychologist Carol Dweck, involves believing that abilities and intelligence can be developed through dedication and hard work. This outlook fosters resilience and a desire for continuous improvement.

Practical steps:

- Embrace challenges as opportunities to learn.
- View failures as feedback, not as setbacks.
- Celebrate progress, not just perfection.

## 2. Set Clear, Ambitious Goals

Vague objectives lead to complacency. Defining specific, measurable, achievable, relevant, and time-bound (SMART) goals provides direction and motivation.

Action points:

- Write down your goals and revisit them regularly.
- Break large goals into smaller, manageable tasks.
- Track progress and celebrate milestones.

## 3. Develop Discipline and Consistency

Discipline is the bridge between goals and achievement. Establish routines that align with your ambitions and stick to them.

Tips for fostering discipline:

- Create daily habits that support your objectives.
- Use accountability partners or tools.
- Prioritize tasks based on their impact.

## 4. Embrace Continuous Learning

Never stop acquiring knowledge or honing skills. Read books, take courses, seek mentorship, and stay curious.

Learning strategies:

- Dedicate time each day to learning.
- Surround yourself with ambitious, motivated individuals.
- Apply new knowledge immediately to reinforce learning.

## 5. Step Outside Your Comfort Zone

Growth occurs at the edge of comfort. Push yourself to try new experiences, accept challenges, and take calculated risks.

Ways to stretch yourself:

- Volunteer for new projects at work.
- Pursue hobbies that challenge existing skills.
- Seek feedback and act on it.

## 6. Practice Self-Reflection and Mindfulness

Regularly assess your progress, habits, and mindset. Mindfulness helps increase self-awareness and reduces negative self-talk.

Reflection techniques:

- Keep a journal of successes and setbacks.
- Practice meditation or mindfulness exercises.
- Ask yourself: ?Am I doing my best today??

## 7. Eliminate Distractions and Time Wasters

Identify what consumes your time without adding value and minimize or eliminate these distractions.

Common distractions:

- Excessive social media use
- Unnecessary meetings
- Procrastination habits

Use tools like time-tracking apps to identify patterns and optimize your productivity.

## Building a Culture of Excellence

Overcoming the Enemy Called Average isn?t an individual effort alone; it can also be fostered within organizations and communities. Leaders and influencers can cultivate environments that promote high standards, accountability, and continuous improvement.

Key elements include:

- Setting high expectations
- Recognizing and rewarding excellence
- Providing resources for growth
- Encouraging innovation and risk-taking
- Leading by example

When collective attitudes shift toward striving for greatness, the enemy of mediocrity weakens significantly.

## Real-Life Examples of Overcoming the Enemy

Many successful individuals have battled against mediocrity and emerged victorious. Their stories serve as inspiration and proof that defeating the Enemy Called Average is possible.

Notable examples:

- Elon Musk: Constantly pushing technological boundaries, embracing failure as part of innovation.
- Oprah Winfrey: Overcoming adversity through relentless pursuit of self-improvement and excellence.
- Michael Jordan: Known for his relentless work ethic and refusal to accept anything less than greatness.

These figures exemplify the mindset and habits needed to conquer mediocrity.

## Conclusion: The Path to Excellence

The Enemy Called Average is a formidable foe that resides within many of us. It whispers comfort, discourages risk, and fosters complacency. However, with awareness, deliberate effort, and a resilient mindset, it can be defeated.

Remember, greatness isn?t an accident; it?s a choice. By setting ambitious goals, cultivating discipline, embracing lifelong learning, and stepping beyond comfort zones, you can dismantle the walls of mediocrity that confine you. Every step taken towards excellence weakens the enemy?s hold and brings you closer to realizing your fullest potential.

Don?t settle for average?choose to pursue extraordinary. Your future self will thank you for the battles fought and victories won against the Enemy Called Average.

QuestionAnswer What does the phrase 'enemy called average' mean in personal development? It refers to the tendency of settling for mediocrity or not striving for excellence, which can hinder growth and success. How can recognizing the 'enemy called average' help improve performance? By identifying complacency as an enemy, individuals are motivated to push beyond their comfort zones and pursue higher standards. What are practical steps to overcome the 'enemy called average'? Set clear goals, embrace continuous learning, seek feedback, and maintain discipline to consistently improve and avoid settling for mediocrity. Why is 'average' considered an enemy in the context of entrepreneurship? Because accepting average results can prevent entrepreneurs from innovating, scaling, and achieving competitive advantages. Are there any motivational quotes related to defeating the 'enemy called average'? Yes, quotes like 'Average is a enemy of greatness' remind us to aim higher and resist complacency.

**Related keywords:** mediocrity, complacency, underachievement, self-doubt, complacent mindset, lack of ambition, stagnation, comfort zone, limiting beliefs, motivational struggle

# AVERAGE ATOMIC MASS POGIL

**average atomic mass pogil** is an essential concept in chemistry that helps students understand the weighted average mass of all isotopes of an element. This foundational idea plays a crucial role in understanding atomic structure, chemical calculations, and the periodic table. In this article, we will explore the concept of average atomic mass, how it is calculated, its significance in chemistry, and how the POGIL (Process-Oriented Guided Inquiry Learning) approach enhances understanding of this topic.

## Understanding Atomic Mass and Isotopes

### What Is Atomic Mass?

Atomic mass, also known as atomic weight, refers to the average mass of all the isotopes of an element, measured in atomic mass units (amu). Since elements can have isotopes?atoms with the

same number of protons but different numbers of neutrons?the atomic mass is not simply the mass of a single isotope but a weighted average based on isotope abundances.

### Isotopes and Their Significance

Isotopes are variants of a particular chemical element that share the same number of protons but differ in neutron count. For example:

- Carbon-12 and Carbon-13 are isotopes of carbon.
- Chlorine has two main isotopes: Chlorine-35 and Chlorine-37.

Isotopes influence atomic mass and, consequently, the atomic weight of an element as listed on the periodic table.

## The Concept of Average Atomic Mass

### Why Is it an Average?

Because elements are composed of a mixture of isotopes, their atomic mass reflects the weighted average of all isotopic masses according to their natural abundance. This means that more abundant isotopes have a greater influence on the average atomic mass.

### Calculating the Average Atomic Mass

The general formula for average atomic mass is:

$$\text{Average Atomic Mass} = \sum (\text{isotope mass} \times \text{isotope abundance})$$

Where:

- Isotope mass is the mass of a specific isotope.
- Isotope abundance is the fractional or percentage abundance of that isotope in nature.

Example Calculation:

Suppose an element has two isotopes:

- Isotope A: mass = 10 amu, abundance = 20%

- Isotope B: mass = 11 amu, abundance = 80%

The average atomic mass would be:

$$ (10 \times 0.20) + (11 \times 0.80) = 2 + 8.8 = 10.8 \text{ amu} $$

# Using POGIL to Learn Average Atomic Mass

## What Is POGIL?

Process-Oriented Guided Inquiry Learning (POGIL) is an instructional strategy that encourages students to construct their understanding through guided inquiry, collaborative activities, and reflective questioning. POGIL activities related to average atomic mass typically involve data analysis, critical thinking, and applying concepts to real-world scenarios.

## Benefits of Using POGIL for Atomic Mass Concepts

- Promotes active learning and student engagement
- Encourages collaboration and discussion among students
- Helps develop critical thinking and problem-solving skills
- Facilitates deeper understanding of isotope distribution and atomic weight calculations

## Sample POGIL Activities for Average Atomic Mass

- Analyzing isotope abundance data to calculate atomic mass
- Comparing theoretical calculations with actual periodic table values
- Investigating how isotope ratios affect atomic weight in different elements
- Exploring the impact of natural variations in isotope abundance on atomic mass measurements

# Importance of Accurate Atomic Mass Calculations

## Applications in Chemistry

Accurate atomic mass values are vital for:

- Stoichiometry calculations
- Determining molar masses
- Balancing chemical equations

- Identifying unknown substances via mass spectrometry

### Implications for Scientific Research and Industry

Precise atomic weight data influence fields such as:

- Pharmacology (drug formulation)
- Environmental science (tracking isotopic signatures)
- Material science (developing new materials)
- Nuclear chemistry (reactor design and safety)

## Periodic Table and Atomic Mass

### Placement of Elements

The periodic table lists elements in order of increasing atomic number. The atomic mass is displayed alongside, representing the weighted average of isotopes found in nature. Sometimes, the atomic mass differs slightly from the mass of the most common isotope due to the presence of less abundant isotopes.

### Atomic Mass Units and Atomic Number

- Atomic number: number of protons in an atom
- Atomic mass: weighted average of isotopic masses (in amu)

## Common Challenges and Misconceptions

### Confusing Atomic Mass with Atomic Number

Students often mistake atomic mass for atomic number. Remember, atomic number is the count of protons, while atomic mass accounts for neutrons and isotopic distribution.

### Understanding Isotopic Variability

Isotope abundances can vary slightly depending on geographic location or sample source, affecting atomic weight calculations.

### Using Accurate Data

Always rely on current, standardized isotope abundance data for precise calculations.

## Conclusion

The concept of average atomic mass is a cornerstone of understanding atomic structure and chemical calculations. Through the POGIL approach, students actively engage with isotope data, practice calculations, and develop a deeper appreciation for the complexities of atomic weights. Mastery of this topic enables students to interpret the periodic table accurately, perform precise chemical computations, and appreciate the natural variations in atomic properties across different elements. As science advances, understanding average atomic mass remains essential for research, industry, and education, underpinning many facets of modern chemistry and related sciences.

Average Atomic Mass Pogil: An In-Depth Exploration

Understanding the concept of average atomic mass is fundamental to mastering chemistry, and the average atomic mass pogil (Process-Oriented Guided Inquiry Learning) offers an engaging, hands-on approach to grasping this essential concept. Pogil activities are designed to foster critical thinking, collaboration, and active learning, making complex topics like atomic mass accessible and meaningful for students. By integrating visual aids, guided questions, and collaborative tasks, the average atomic mass pogil provides a comprehensive framework for students to explore how atomic masses of different isotopes combine to produce the average atomic mass of an element. This article offers a detailed review of the average atomic mass pogil, its structure, educational benefits, challenges, and practical application in classroom settings.

## Understanding the Concept of Atomic Mass

Before delving into the specifics of the pogil activity, it is crucial to understand what atomic mass entails. Atomic mass, often expressed in atomic mass units (amu), reflects the weighted average of the masses of all the isotopes of an element, considering their relative abundances.

### Key Concepts

- Isotopes are atoms of the same element with different numbers of neutrons.
- Each isotope has a specific mass.
- The average atomic mass accounts for the proportion of each isotope in nature.

### Why Is This Important?

Knowing the average atomic mass helps chemists determine molecular weights, balance chemical

equations, and understand isotopic distributions, which are critical in fields like medicine, archaeology, and environmental science.

## Overview of the Average Atomic Mass Pogil

The average atomic mass pogil is a student-centered, activity-based worksheet designed to guide learners through the process of calculating average atomic mass through inquiry and collaboration. Its structure typically involves a series of scaffolded questions, visual data representations, and real-world examples to solidify understanding.

### Objectives of the Pogil

- To understand how isotopic abundance influences average atomic mass.
- To learn how to perform calculations involving weighted averages.
- To interpret isotope distribution data and relate it to atomic mass.

### Structure and Components

- Introduction: Contextualizes the concept with real-world examples.
- Data Tables: Presents isotope masses and abundances.
- Guided Questions: Leads students through step-by-step calculations.
- Visualization: Uses charts or diagrams to illustrate isotope distributions.
- Application Tasks: Encourages students to apply concepts to unknown elements or isotopic data.

## Educational Features and Benefits

The pogil approach emphasizes active participation, critical thinking, and peer collaboration. Its design incorporates several features that enhance learning outcomes.

### Features

- Inquiry-Based Learning: Students discover concepts by answering questions rather than passively receiving information.
- Visual Aids: Graphs and diagrams help students grasp abstract ideas more concretely.
- Collaborative Work: Small-group activities foster discussion, peer teaching, and deeper understanding.
- Step-by-Step Guidance: Scaffolded questions break down complex calculations into

manageable parts.

- Real-World Connections: Examples such as isotopic analysis in dating or medical imaging make the activity relevant and engaging.

### Pros of the Pogil Approach

- Promotes active learning and critical thinking.
- Encourages collaboration and communication among students.
- Provides immediate feedback through guided questions.
- Enhances retention by involving learners in the discovery process.
- Fosters a deeper conceptual understanding beyond rote memorization.

### Limitations or Challenges

- May require additional class time for thorough exploration.
- Needs well-trained facilitators or teachers familiar with the pogil methodology.
- Some students may initially struggle with open-ended questions.
- Effectiveness depends on classroom implementation and student engagement.

## Step-by-Step Breakdown of the Pogil Activity

The typical average atomic mass pogil guides students through a logical sequence, reinforcing their understanding at each stage.

### 1. Analyzing Isotope Data

Students are presented with data tables listing isotopic masses and their relative abundances. They analyze the data to understand the distribution.

### 2. Calculating the Contribution of Each Isotope

Using the formula:

$$ \text{Contribution} = \text{Isotope mass} \times \text{Abundance} $$

students calculate the weighted contribution of each isotope to the average atomic mass.

### 3. Summing Contributions

Students sum all isotope contributions to determine the element's average atomic mass.

### 4. Interpreting Results

Discussion questions prompt students to interpret their calculations, compare them with actual atomic masses, and consider the effects of changing isotope abundances.

### 5. Applying Concepts

Students are challenged to apply their understanding to hypothetical elements or to interpret real-world isotopic data from sources like mass spectrometry.

## Practical Applications and Classroom Use

The average atomic mass pogil is versatile and can be adapted for various educational levels, from middle school to advanced high school chemistry.

### Implementation Tips

- Incorporate visual aids such as pie charts or bar graphs to depict isotope distributions.
- Use real data from scientific sources to enhance authenticity.
- Facilitate group discussions to encourage peer learning.
- Follow up with practical exercises involving actual isotopic data or mass spectrometry results.
- Use as an assessment tool to gauge understanding of weighted averages and isotopic concepts.

### Extensions and Variations

- Incorporate calculations involving multiple isotopes with varying abundances.
- Explore isotopic anomalies and their implications in geology and cosmology.
- Connect to topics like atomic number, atomic mass units, and periodic table trends.

## Conclusion: Evaluating the Effectiveness of the Pogil Method for Atomic Mass Concepts

The average atomic mass pogil is a highly effective educational tool that transforms the learning of a fundamental chemistry concept into an engaging, student-centered activity. Its emphasis on inquiry, visualization, and collaboration fosters a deeper understanding of how isotopic distributions influence atomic mass. While it requires thoughtful implementation and facilitation, its benefits?such

as improved conceptual comprehension, critical thinking skills, and student engagement?make it a valuable addition to chemistry curricula.

Pros Summary:

- Enhances conceptual understanding through active participation.
- Clarifies the relationship between isotope abundance and atomic mass.
- Develops skills in calculation, data interpretation, and scientific reasoning.
- Fosters collaboration and communication among students.

Cons / Challenges:

- Time-consuming if not carefully integrated.
- Requires proper guidance to ensure all students grasp the inquiry process.
- Effectiveness depends on quality of materials and facilitation.

Overall, the average atomic mass pogil is a powerful pedagogical approach that helps students connect theoretical concepts with practical applications, preparing them for more advanced topics in chemistry and related sciences. Its emphasis on inquiry and visualization makes abstract ideas tangible, fostering a classroom environment where students become active participants in their learning journey.

QuestionAnswer What is the average atomic mass in the context of the Pogil activity? The average atomic mass is the weighted average of the masses of all isotopes of an element, based on their natural abundance. How do you calculate the average atomic mass using isotopic data? You multiply the mass of each isotope by its relative abundance (as a decimal), then sum these values for all isotopes to find the average atomic mass. Why is the average atomic mass not always a whole number? Because it reflects the weighted average of isotopic masses, which often include fractional values, resulting in a non-whole number. How does the concept of natural abundance influence the average atomic mass? The natural abundance determines how much each isotope contributes to the average; more abundant isotopes have a greater impact on the average atomic mass. What role does the periodic table play in understanding average atomic mass? The periodic table lists the average atomic masses of elements, which are calculated based on isotopic data and natural abundance, providing a useful reference. Can the average atomic mass of an element change over time? It can change slightly if the isotopic composition of that element varies due to environmental or experimental factors, but generally remains fairly constant. Why is understanding average atomic mass important in chemistry? It is essential for accurately calculating molar masses, balancing chemical equations, and understanding isotopic distributions in samples. How does the Pogil activity help students grasp the concept of average atomic mass? It provides hands-on,

inquiry-based exercises that allow students to calculate and visualize how isotopic abundances influence the average atomic mass.

**Related keywords:** atomic mass, isotopes, weighted average, atomic weight, molar mass, isotopic abundance, periodic table, atomic particles, mass number, element mass

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