















Positive values increase energy of $\Delta U = q + w$	5	L attal
q > 0: heat flow into the system w > 0: work done on the system	alun Darklen	u decrease
Direction of Energy Transfer	Sign Convention	Effect on U _{system}
Heat flow from surroundings to system	q > 0 (+)	U increases, $\Delta U > 0$
Heat flow from system to surroundings	$q < \overline{0}$	U decreases, $\Delta U < 0$
Work done on system by surroundings	w > 0	U increases, $\Delta U > 0$
Work done on surroundings by system	W < 0 (-)	U decreases, $\Delta U < 0$

























