Stoichiometry: Defined as the chemistry of elements.

Mole: (abbreviated as mol) Number of atoms in 1g of carbon 12. For the volume calculations the equation is 1 mol = 22.4 litres.

Tip: Using Avogadro's constant is quite useful, which is approximately 6.022×10²³. That number tells how many atoms/molecules/ions are there in 1 mol of any substance.

Molar Mass (generally measured in grams): Grams per mole of any substance. Molar masses are given in the periodic table already (marked as atomic mass). But in the periodic table below, the atomic mass must be calculated. Atomic mass: No proton (atomic mass) + No neutron.

must be calculated. Atomic mass: No proton (atom (288) + No neutron.