1 horsepower	745.7 watts
1 watt	1 joule/second
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1 megawatt	1 million watts
1 gigawatt	1 billion watts
1 foot-pound/second	1.35582 watts
1 BTU/hour	0.293071 watts
1 calorie/second	4.184 watts
1 erg/second	1e-7 watts
1 kilowatt-hour/year	1 watt

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1 atm	14.696 psi
1 bar	100 kPa
1 pascal	1 N/m²
1 psi	6894.76 pascals
1 mmHg	133.322 pascals
1 Torr	1 mmHg
1 bar	100,000 pascals
1 inHg (inch of Hg)	3386.39 pascals
1 ksi (kilopound/sq.in)	6894.76 kPa

Business Law

Term	Definition
Sole Proprietorship	Business owned by one person
Partnership	Business owned by two or more persons
Corporation	Legal entity separate from its owners
Limited Liability	Owners are not personally liable for business debts
Bankruptcy	Legal process for debt relief
Intellectual Property	Creations of the mind, such as inventions, literary works, and trademarks
Employment Contract	Agreement between employer and employee
Antitrust Law	Laws to prevent monopolies and promote competition
Merger	Combining two companies into one
Cocurities	Sinancial instruments like stocks and honds

Criminal Law

Term	Definition
Mens Rea	Criminal intent
Actus Reus	Criminal act
Felony	Serious crime, punishable by more than a year in prison
Misdemeanor	Less serious crime, punishable by less than a year in jail
Burden of Proof	Prosecution's obligation to prove guilt
Double Jeopardy	Cannot be tried twice for the same offense
Plea Bargain	Agreement to plead guilty in exchange for a lesser charge
Self-Defense	Justifiable use of force to protect oneself
Statute of Limitations	Time limit for prosecuting a crime
Presumption of Innocence	Innocent until proven guilty

Energy

3 ,		
Measurement	Conversion/Info	
1 calorie	4.184 joules	
1 joule	0.239006 calories	
1 kilowatt-hour	3.6 million joules	
1 BTU	1055.06 joules	
1 erg	1e-7 joules	
1 electronvolt (eV)	1.60218e-19 joules	
1 therm (US)	105.5 megajoules	
1 foot-pound force	1.35582 joules	
1 quad (US)	1.055 × 10 ¹⁸ joules	
1 ton of TNT	4.184 gigajoules	

Cooking

Measurement	Conversion/Info
1 cup (US)	240 milliliters
1 tablespoon (US)	14.7868 milliliters
1 teaspoon (US)	4.92892 milliliters
1 ounce (dry)	28.3495 grams
1 pint (US)	473.176 milliliters
1 quart (US)	946.353 milliliters
1 gallon (US)	3.78541 liters
1 liter	4.22675 cups
1 stick of butter	113.4 grams
1 pound (butter)	453.592 grams

Constitutional Law

Topic	Info
1st Amendment	Freedom of speech, religion, press
2nd Amendment	Right to bear arms
4th Amendment	Protection against unreasonable search
5th Amendment	Right against self-incrimination
6th Amendment	Right to a speedy trial
8th Amendment	No cruel or unusual punishment
14th Amendment	Equal protection under the law
Due Process	Legal requirement that the state must respect all legal rights owed to a person
Habeas Corpus	Right to be brought before a judge
Judicial Review	Courts can review laws for constitutionality

Angles

Measurement	Conversion/Info
1 degree	0.0174533 radians
1 radian	57.2958 degrees
1 circle	360 degrees
1 right angle	90 degrees
1 gradian	0.9 degrees
1 mil	0.05625 degrees
1 turn	360 degrees
1 arcminute	1/60 degree
1 arcsecond	1/3600 degree
1 quadrant	90 degrees

Contract Law

Term	Definition
Offer	A proposal to enter into a contract
Acceptance	Agreement to the terms of an offer
Consideration	Something of value exchanged
Capacity	Legal ability to enter into a contract
Mutual Assent	Agreement by both parties
Breach	Failure to perform under a contract
Remedies	Legal means to enforce a right
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Currency

Currency Pair	Approximate Exchange Rate	
1 USD	0.85 EUR	
1 EUR	1.17 USD	
1 GBP	1.39 USD	
1 USD	110.65 JPY	
1 USD	6.48 CNY	
1 USD	1.27 CAD	
1 AUD	0.74 USD	
1 USD	74.57 INR	
1 USD	0.72 GBP	
1 EUR	0.86 GBP	

Tort Law

Term	Definition
Negligence	Failure to exercise reasonable care
Duty of Care	Legal obligation to avoid causing harm
Breach of Duty	Failure to meet the standard of care
Causation	The link between the breach and the injury
Damages	Compensation for harm suffered
Strict Liability	Liability without fault
Intentional Tort	Deliberate act causing harm
Defamation	False statement harming reputation
Nuisance	Interference with enjoyment of property
Vicarious Liability	Liability for another's actions

The Lord's Prayer

Line	Explanation
Our Father in heaven	Acknowledgment of God's sovereignty
Hallowed be Your name	Reverence for God's holiness
Your kingdom come	Desire for God's rule on earth
Your will be done	Submission to God's plan
Give us this day our daily bread	Request for provision
Forgive us our debts	Asking for forgiveness
Lead us not into temptation	Seeking guidance away from sin
Deliver us from evil	Protection from harm
For Yours is the kingdom	Affirmation of God's eternal reign
Amen	So be it, in agreement

Dietary Requirements

Diet Type	Description	Allowed Foods
Vegan	No animal products	Fruits, vegetables, grains
Vegetarian	No meat, may include eggs and dairy	Fruits, vegetables, dairy
Gluten-Free	No wheat, barley, or rye	Rice, quinoa, corn
Paleo	Whole foods, no processed foods or grains	Meat, fish, vegetables
Keto	High fat, low carb	Meat, cheese, avocados
Dairy-Free	No milk or milk products	Almond milk, coconut yogurt
Low-Carb	Limited carbohydrates	Meat, vegetables, nuts
Low-Sodium	Limited salt intake	Fresh fruits, vegetables
Diabetic	Low sugar, balanced meals	Whole grains, lean protein
Pescatarian	No meat except fish	Fish, vegetables, grains

Semantics

Term	Explanation
Denotation	Literal meaning of a word
Connotation	Emotional or cultural meaning of a word
Polysemy	One word with multiple related meanings (e.g., "bank")
Homonymy	Same form, different meaning (e.g., "bat" - animal vs. "bat" - sports)
Synonym	Words with similar meanings (e.g., "big" and "large")
Antonym	Words with opposite meanings (e.g., "hot" and "cold")
Hyponym	More specific term within a category (e.g., "rose" as a hyponym of "flower")
Hypernym	General category term (e.g., "animal" as a hypernym of "dog")
Metaphor	Word or phrase used in a non-literal sense (e.g., "time is a thief")
Idiom	Expression with a meaning not deducible from individual words (e.g., "kick the bucket")

Mental Health Disorders

Disorder	Key Symptoms
Depression	Persistent sadness, loss of interest
Anxiety Disorders	Excessive worry, fear, physical symptoms like heart palpitations
Bipolar Disorder	Extreme mood swings between mania and depression
Schizophrenia	Delusions, hallucinations, disorganized thinking
PTSD (Post-Traumatic Stress Disorder)	Flashbacks, nightmares, severe anxiety after a traumatic event
OCD (Obsessive-Compulsive Disorder)	Recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions)
ADHD (Attention- Deficit/Hyperactivity Disorder)	Inattention, hyperactivity, impulsivity
Eating Disorders	Unhealthy eating behaviors (anorexia, bulimia, binge eating)
Autism Spectrum Disorder	Challenges in social interaction and communication
Personality Disorders	Enduring patterns of behavior and inner experience deviating from cultural expectations (e.g., Borderline, Antisocial)

Cybersecurity

Term	Explanation
Encryption	Converts data into unreadable format
Decryption	Converts encrypted data back to readable form
Firewall	Monitors and controls incoming/outgoing network traffic
Virus	Malicious software that replicates itself
Phishing	Fraudulent attempt to obtain sensitive information
SSL/TLS	Protocols for secure communications
Authentication	Verifying the identity of a user
Malware	Software designed to harm a computer
Zero-Day Exploit	Exploit of a previously unknown vulnerability
Two-Factor Authentication	Additional layer of security

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1 petabyte (PB)	1024 TB
1 exabyte (EB)	1024 PB
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Herbs & Spices

Herb/Spice	Flavor Profile	Common Uses
Basil	Sweet, peppery	Italian dishes, pesto
Cilantro	Fresh, citrusy	Salsas, curries
Oregano	Earthy, slightly bitter	Pizza, Greek cuisine
Rosemary	Pine-like, aromatic	Roasts, potatoes
Thyme	Minty, lemony	Soups, stews
Cumin	Warm, earthy	Chili, curries
Paprika	Sweet, smoky	Stews, rubs
Turmeric	Warm, bitter, earthy	Curries, rice dishes
Ginger	Spicy, peppery	Asian dishes, teas
Cinnamon	Sweet, warm	Desserts, oatmeal

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Weight & Mass

Measurement	Conversion/Info
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1 kilogram	2.20462 pounds
1 ounce	28.3495 grams
1 gram	0.035274 ounces
1 ton (US)	2000 pounds
1 metric ton	1000 kilograms
1 stone	14 pounds
1 carat	0.2 grams
1 grain	0.06479891 grams
1 microgram	1×10 ^{-€} grams

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