Superconducting length scales

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(1.1)

Specifically: take

$$\xi(T) = \frac{1}{\sqrt{2}|\mathbf{Q}|}$$

Explain how to get the length scales in the different ways

with \mathbf{Q} such that

$$|\frac{\psi_{\mathbf{Q}}(T)}{\psi_0(T)}| = \frac{1}{\sqrt{2}} \tag{1.2}$$