1   Electron-volt to Joule conversion:

$$1\text{eV} = 1.6 \times 10^{-19}\text{J}$$

2   Energy level equation:

$$\Delta E = hf \quad ; \quad f = \frac{c}{\lambda} \qquad \text{(J ; Hz)}$$

Where ΔE is the difference between two energy levels (J), h is Planck's constant $(6.63 \times 10^{-34}\,\text{m}^2\,\text{kg}\,\text{s}^{-1})$, c is the speed of light $(3 \times 10^8\,\text{m}\,\text{s}^{-1})$ and λ is the wavelength (m) of the particle.

3   Nomenclature:

Term	Description
Excited	When the atom goes ↑ it is less stable
Grounded	The state in which the atom is most relaxed, located ↓