

$1s_{1/2}$ —————

————— $1s_{1/2}$

$0d_{5/2}$ —————

● ● ● ● ——— $0d_{5/2}$

(8)

(8)

$0p_{1/2}$ ● ——— ●

● ——— ● $0p_{1/2}$

$0p_{3/2}$ ● ● ● ●

● ● ● ● $0p_{3/2}$

(2)

(2)

$0s_{1/2}$ ● ——— ●

● ——— ● $0s_{1/2}$

Protons

Neutrons