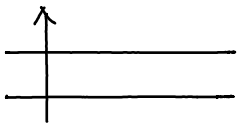
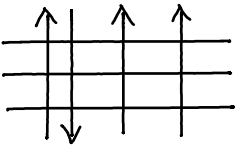


Weak field



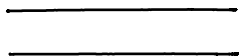
$$L=0 \Rightarrow g=2$$



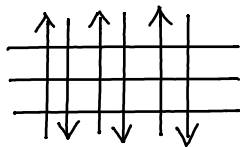
$$S = 3/2$$

$$\Rightarrow \mu_{\text{eff}} \approx 3.87 \mu_B$$

Strong field



$e_g$



$t_{2g}$

$$S = 1/2$$

$$\Rightarrow \mu_{\text{eff}} \approx 1.732 \mu_B$$