“Flow Chart” to solving Problems Using Eo + Wnc = Ef

1. Do you know where thing(s) start, and where it/they finish? No: Re-read problem, draw a picture with labels and measurements.
2. Is there a change of height? Yes: Ug is involved. Pick where the height is zero NOW!
3. Is there a spring(y thing)? Yes: Us is involved
4. Is there a difference in speed between the initial and final positions? Yes: K is involved
5. Are/is there non-conservative force(s) doing work between the initial and final positions? No: Wnc=0 so mechanical energy is conserved.