

SOCIAL EXCHANGE THEORY

Social exchange theory postulates that people form a relationship through cost-benefit analysis.

COMPONENTS

According to social exchange theory, every relationship has the following components:

1. **Costs** – the elements of a relationship which have a negative value to a person.
2. **Rewards** – the elements of a relationship which have a positive value to a person.

EXAMPLES

1. Highest Reward

Costs being equal, an individual will choose the alternative from which they expect to receive the highest reward.

2. Lowest Cost

Rewards being equal, an individual will choose the alternative from which they expect the lowest cost.

Social Exchange Theory

Lauren Gardner



Social Exchange Theory:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Social Exchange Theory** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

https://archive.kdd.org/About/scholarship/Download_PDFS/Sweden%20An%20Illustrated%20History.pdf

Table of Contents Social Exchange Theory

1. Understanding the eBook Social Exchange Theory
 - The Rise of Digital Reading Social Exchange Theory
 - Advantages of eBooks Over Traditional Books
2. Identifying Social Exchange Theory
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Social Exchange Theory
 - User-Friendly Interface
4. Exploring eBook Recommendations from Social Exchange Theory
 - Personalized Recommendations
 - Social Exchange Theory User Reviews and Ratings
 - Social Exchange Theory and Bestseller Lists
5. Accessing Social Exchange Theory Free and Paid eBooks
 - Social Exchange Theory Public Domain eBooks
 - Social Exchange Theory eBook Subscription Services
 - Social Exchange Theory Budget-Friendly Options
6. Navigating Social Exchange Theory eBook Formats

- ePub, PDF, MOBI, and More
- Social Exchange Theory Compatibility with Devices
- Social Exchange Theory Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Social Exchange Theory
 - Highlighting and Note-Taking Social Exchange Theory
 - Interactive Elements Social Exchange Theory
- 8. Staying Engaged with Social Exchange Theory
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Social Exchange Theory
- 9. Balancing eBooks and Physical Books Social Exchange Theory
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Social Exchange Theory
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Social Exchange Theory
 - Setting Reading Goals Social Exchange Theory
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Social Exchange Theory
 - Fact-Checking eBook Content of Social Exchange Theory
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Social Exchange Theory Introduction

In today's digital age, the availability of Social Exchange Theory books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Social Exchange Theory books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Social Exchange Theory books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Social Exchange Theory versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Social Exchange Theory books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether you're a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Social Exchange Theory books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Social Exchange Theory books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Social Exchange Theory books and manuals for download have transformed the way we access information. They provide a

cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Social Exchange Theory books and manuals for download and embark on your journey of knowledge?

FAQs About Social Exchange Theory Books

What is a Social Exchange Theory PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Social Exchange Theory PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Social Exchange Theory PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Social Exchange Theory PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Social Exchange Theory PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection,

editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Social Exchange Theory :

sweden an illustrated history

survival guide for teachers

~~surrealism and the crisis of the object.~~

svenbons ordlista

susy a story of the plains

survival guide to computer systems

sutapa biswas

sustainable dryland farming

surveys of the estates of glastonbury abbey c.1135-1201

survey of english spelling

suspicion and faith the religious uses of modern atheism

suspended music chime-bells in the culture of bronze age china

survival gear

survivors women of the southwest

survival skills for the modern man life love work play

Social Exchange Theory :

carte nièvre yonne michelin by micheli jetpack theaoi - Apr 11 2023

web carte routière et touristique michelin trouvez bien plus que votre route détaillée et ultra lisible la carte départementale nièvre yonne au 1 150 000 ème 1cm 1 5km

carte nièvre yonne michelin by micheli secure4 khronos - Feb 26 2022

web carte nièvre yonne michelin by micheli histoire et gnalogie de la famille sartorius mediterranean europe 8 france france

paris full text of bulletin des services de la

carte michelin nyon plan nyon viamichelin - Nov 06 2022

web carte routia re nia vre yonne na 11319 as recognized adventure as skillfully as experience roughly lesson amusement as

with local michelin carte routia re nia vre

carte nièvre yonne michelin by micheli survey thecube gr - Jul 02 2022

web carte routière et touristique michelin trouvez bien plus que votre route détaillée et ultra lisible la carte départementale nièvre yonne au 1 150 000 ème 1cm 1 5km

carte nièvre yonne michelin by micheli festival rai dance - Jan 08 2023

web overstatement ways to fetch this ebook carte nièvre yonne michelin by micheli is also valuable it will immensely convenience you to see tutorial carte nièvre yonne michelin

carte nia vre yonne michelin matthew innes - Aug 15 2023

web carte nia vre yonne michelin is available in our digital library an online access to it is set as public so you can download it instantly our digital library saves in multiple locations

carte nia vre yonne michelin pdf hipertexto - Mar 10 2023

web you have remained in right site to start getting this info get the carte nia vre yonne michelin pdf link that we offer here and check out the link you could purchase lead

carte nièvre yonne michelin by micheli - Jul 14 2023

web carte routière et touristique michelin trouvez bien plus que votre route détaillée et ultra lisible la carte départementale nièvre yonne au 1 150 000 ème 1cm 1 5km

carte nia vre yonne michelin pdf ftp popcake - Feb 09 2023

web 2 carte nia vre yonne michelin 2021 06 17 brenden compton how i survived the oregon trail harpercollins this comprehensive survey synthesises a quarter of a

carte routia re nia vre yonne na 11319 download only - Oct 05 2022

web carte niellé carte et plan détaillé niellé vous recherchez la carte ou le plan niellé et de ses environs trouvez l adresse qui vous intéresse sur la carte niellé ou préparez un

carte nia vre yonne michelin uniport edu - May 12 2023

web jul 14 2023 carte nia vre yonne michelin 2 8 downloaded from uniport edu ng on july 14 2023 by guest the mind of rome cyril bailey 1926 this book aims at presenting a

carte nia vre yonne michelin pdf uniport edu - Nov 25 2021

web see guide carte nia vre yonne michelin as you such as by searching the title publisher or authors of guide you in reality want you can discover them rapidly in the house

carte nia vre yonne michelin qa nuev solutions - Oct 25 2021

web plan chateau chinon sur la carte de la nivre le live marseille aller dans les plus grandes soires carte routière et

touristique michelin trouvez bien plus que votre route

[carte michelin niellé plan niellé viamichelin](#) - Sep 04 2022

web trouvez l adresse qui vous intéresse sur la carte nyon ou préparez un calcul d itinéraire à partir de ou vers nyon trouvez tous les sites touristiques et les restaurants du guide

carte nièvre yonne michelin by micheli - Jan 28 2022

web carte nièvre yonne michelin by micheli carte nièvre yonne michelin by micheli genre acroporella praturlon 1964 emend praturlon istoria vietii private vol 07 scribd journal

carte nièvre yonne michelin by micheli - Apr 30 2022

web yonne cartes 5540 french istoria vietii private vol 07 scribd carte routière et touristique michelin trouvez bien plus que votre route détaillée et ultra lisible la

carte nièvre yonne michelin by micheli support tautrust org - Jun 01 2022

web carte routière et touristique michelin trouvez bien plus que votre route détaillée et ultra lisible la carte départementale nièvre yonne au 1 150 000 ème 1cm 1 5km

carte nièvre yonne michelin by micheli liululu net - Dec 27 2021

web carte nia vre yonne michelin 2 7 downloaded from uniport edu ng on april 20 2023 by guest lordship justice and dispute settlement the uses of the written word violence and

carte nièvre yonne michelin by micheli housing gov mv - Mar 30 2022

web may 20 2023 carte routière et touristique michelin trouvez bien plus que votre route détaillée et ultra lisible la carte départementale nièvre yonne au 1 150 000 ème 1cm

carte nièvre yonne michelin by micheli - Sep 23 2021

carte michelin sur yonne plan sur yonne - Dec 07 2022

web trouvez l adresse qui vous intéresse sur la carte nyon ou préparez un calcul d itinéraire à partir de ou vers nyon trouvez tous les sites touristiques et les restaurants du guide

carte michelin nyon plan nyon viamichelin - Aug 03 2022

web carte routière et touristique michelin trouvez bien plus que votre route détaillée et ultra lisible la carte départementale nièvre yonne au 1 150 000 ème 1cm 1 5km

carte nia vre yonne michelin pdf pdf black ortax - Jun 13 2023

web carte nia vre yonne michelin pdf pages 2 20 carte nia vre yonne michelin pdf upload mia s paterson 2 20 downloaded from black ortax org on september 4 2023 by

program İzle müge anlı ile tatlı sert son bölüm - Dec 26 2021

web aug 24 2021 atv gündüz kuşağı yeni yüzleriyle sezona kaldığı yerden devam ediyor sabah kuşağının en çok izlenen programı müge anlı ile tatlı sert 30 ağustos pazartesi

el abuelo viernes milly y molly spanish edition pittar gill - Jun 12 2023

web libro el abuelo viernes milly molly del autor gill pittar al mejor precio nuevo o segunda mano en casa del libro méxico

abuelo viernes el milly y molly 9788424186883 - May 31 2022

web feb 15 2021 el abuelo viernes milly y molly de pittar gill morrell cris jiménez rioja alberto descripción reseña del editor somos diferentes pero sentimos lo mismo así

el abuelo viernes milly molly gill pittar - Aug 14 2023

web son aventuras fáciles de leer con simpáticas ilustraciones cada libro te enseñará un valor y así aprenderás a respetar a los demás y a quererte tal y como eres en este título

descargar gratis el abuelo viernes milly y molly de pittar gill - Apr 29 2022

web donde descargar libros gratis para ebook el abuelo viernes milly y molly las mejores paginas para descargar libros gratis en español el a

el abuelo viernes de pittar gill 978 84 241 8688 3 todos tus - Jul 01 2022

web abuelo viernes el milly y molly 9788424186883 somos diferentes pero sentimos lo mismo así piensan milly y molly protagonistas de estas divertidas

el abuelo viernes cuÉntame un cuento y verÁs - Mar 09 2023

web milly y molly intentan animar al abuelo viernes pero a él le falta algo ellas le ayudarán una y otra vez hasta saber qué es valor la compasión

abuelo viernes el milly molly 9788424186883 - Jan 07 2023

web dominado por la noble ambición de formar un patrimonio empleando para ello medios honestos no lo busca en las perturbaciones del orden público que es el venero de los

el abuelo viernes milly y molly help environment harvard edu - Nov 05 2022

web el abuelo viernes milly y molly la traducion del d jan 24 2021 pianísimo jan 04 2022 con la carrera militar de darryl llegando a su fin él y su esposa corinne se sienten

el abuelo viernes milly molly casa del libro méxico - May 11 2023

web libro el abuelo viernes milly molly del autor gill pittar al mejor precio nuevo o segunda mano en casa del libro colombia

el abuelo viernes milly y molly by pittar gill morrell cris jiménez - Jan 27 2022

web sep 4 2022 tÜmÜ 5 eylül 2023 salı müge anlı ile tatlı sert 4 eylül 2023 pazartesi müge anlı ile tatlı sert 23 haziran 2023

cuma müge anlı ile tatlı sert

el abuelo viernes catalogue en ligne - Feb 08 2023

web abuelo viernes el milly molly pittar gill everest tritoma ref 9788424186883 ver otros productos de la misma colección
ver otros productos del mismo autor peso

mÜge anlı son bÖlÜm tekrar İzle atv lİnkİ youtube - Nov 24 2021

web mar 7 2021 son aventuras fáciles de leer con simpáticas ilustraciones cada libro te enseñará un valor y así aprenderás a respetar a los demás y a quererte tal y como

el abuelo viernes milly y molly ebooks - Dec 06 2022

web among guides you could enjoy now is el abuelo viernes milly y molly below the clan of the cave bear jean m auel 2002 an all absorbing journey into man s possible past

milly y molly el roble del abuelo hanniime chica - Sep 03 2022

web resumen milly y molly intentan animar al abuelo viernes pero a él le falta algo temática respeto a la diversidad amistad abuelos relación abuelo nietos relación niño

el abuelo viernes milly y molly goodreads - Jul 13 2023

web jan 1 2003 el abuelo viernes milly y molly spanish edition pittar gill morrell cris jiménez rioja alberto on amazon com free shipping on qualifying offers el abuelo

leer en linea el abuelo viernes milly y molly de pittar - Oct 24 2021

web aug 5 2021 gratis el abuelo viernes milly y molly de pittar gill morrell cris jiménez rioja alberto pdf epub mobi gratis descargar gratis el abuelo viernes milly y

el abuelo viernes milly molly gill pittar casa - Apr 10 2023

web el abuelo viernes la escritora neozelandesa gill pittar es la creadora de milly y molly dos amigas que siempre cuentan divertidas historias cada

lupa del cuento colecciones colección milly y molly - Aug 02 2022

web son aventuras fáciles de leer con simpáticas ilustraciones cada libro te enseñará un valor y así aprenderás a respetar a los demás y a quererte tal y como eres en este título

el abuelo viernes milly y molly sparkso book - Mar 29 2022

web sep 21 2022 müge anlı ile tatlı sert 21 eylül 2022 tarihli programı izle müge anlı ile tatlı sert son bölüm izle müge anlı ile tatlı sert full hd ve kesintisiz atv com tr de

program İzle müge anlı ile tatlı sert son bölüm - Feb 25 2022

web libro te enseñará un valor y así aprenderás a respetar a los demás y a quererte tal y como eres en este título milly y

molly intentan animar al abuelo viernes pero a él le falta

el abuelo viernes milly y molly cyberlab sutd edu sg - Oct 04 2022

web por eso milly y molly ayudan al abuelo no quiere que a la abuela le falte de nada cuando él ya no esté uno de sus últimos deseos es descansar a su muerte bajo un viejo roble

descargar el abuelo viernes milly y molly de pittar gill morrell - Sep 22 2021

boiling point determination lab report studocu - Sep 21 2023

the objectives of the boiling point determination lab were to determine the boiling point of a mystery substance provided to each student boiling point is the point at which a liquid changes physical states and becomes a vapor or gas boiling point is important to understand because it can be used to help distinguish between different substances

experiment name determination of boiling point - Jan 13 2023

the boiling point of an organic liquid is the temperature at which its vapour pressure equals the atmospheric pressure over the liquid or it is the temperature at which the vapour and liquid phases are in equilibrium at a given pressure the boiling point is considered as a criterion of purity of a compound and is useful for identification of

lab report 1 lab boiling point determination lab studocu - Feb 14 2023

given that the boiling points of ethanol and methanol 78 c and 64 c respectively are far off in a significant way this seems like a valid conclusion conclusion thermometer calibrations are necessary in order to collect reliable information as precise calculations are imperative to gathering correct results

lab report boiling point and melting point 2353 words bartleby - May 05 2022

melting point 1 a push the open end of a capillary tube into the powdered acetamide b move the powder to the closed end of the capillary tube by tapping it on the table repeat until the the powdered acetamide occupies 1 2 mm of the capillary tube end c

chemistry boiling points lab highschoolhack boiling point - Feb 02 2022

boiling point determination lab report conclusion objectives to correctly measure boiling issues of various liquids and identify an unknown liquid based on its boiling point background information objects can be distinguished into acid properties and physical properties

lab report recrystallization september 27 2016 florida a m university - Apr 04 2022

discussion and conclusion the technique recrystallization was used because it is a simple method to purify a solid compound the percentage yield for benzoic acid and acetanilide acid being high indicated the initial sample had a low concentration of impurities with the melting point being in a specific

lab report on boiling points 777 words bartleby - Jun 06 2022

introduction in this lab we will be using boiling points melting points and infrared spectrometry to identify unknown compounds boiling points are affect by three key factors the first being intermolecular forces inter molecular affect boiling point based on bond strength

lab report determination of boiling point studymode - Oct 10 2022

determination of boiling points introduction the boiling point of a compound is the temperature at which it changes from a liquid to a gas this is a physical property often used to identify substances or to check the purity of the compound it

boiling point determination lab report introduction the - Jul 19 2023

clean up solid and liquid spills immediately true g conclusions after conducting the boiling point determination lab it can be concluded that the unknown substance 193 is isopropyl alcohol on account of its observed boiling point of 88 c

conclusion after completing this experiment the course hero - Nov 11 2022

conclusion after completing this experiment the melting point of three different unknown compounds was obtained using the mel temp apparatus compound a had a melting point range of 114 6 115 5 c thus revealing it to be acetanilide compound b had a melting point range of 122 6 124 5 c thus

organic chemistry boiling point lab report free essay example - Mar 03 2022

nov 27 2019 essay sample the purpose of this experiment is to determine the boiling points of various organic compounds and to use these to identify unknowns equipment free essays

lab report 1 boiling point melting point and solubility lab studocu - Dec 12 2022

melting point can be used as the identity and purity of an organic solid however it is not the same as the boiling point the boiling point is a characteristic unique of pure liquids the boiling point is the temperature at which the vapor pressure of a liquid is equal to the atmospheric pressure

6 2a overview of boiling point chemistry libretexts - Apr 16 2023

aug 11 2020 boiling points are very sensitive to changes in applied pressure so all boiling points should be reported with the measured pressure a compound s normal boiling point refers to its boiling point at a pressure of 760 text mm ce hg

experiment 11 vapour pressure proctech 2ce3 lab - Jul 07 2022

the purpose of the experiment is to understand what vapour pressure is and how it changes with temperature to understand the relationship between vapour pressure at a given temperature and boiling temperature at a given pressure to determine the vapour pressure of a pure liquid at various temperatures

exploring boiling points sharmin khatun chem 1141 studocu - May 17 2023

exploring boiling points abstract in this experiment we are given a set of straight chain alkanes and a set of compounds

to compare by following the trendline of the straight chain alkanes it could be concluded that as the molar mass of the straight chain alkanes increases their boiling points increase as well

boiling point determination lab report paperap com - Sep 09 2022

dec 7 2019 1987 the sample essay on boiling point determination lab report deals with a framework of research based facts approaches and arguments concerning this theme to see the essay's introduction body paragraphs and conclusion read on should be based on observations made during the experiment

boiling point lab report boiling point refractive index and - Aug 20 2023

laboratory partners samantha and mackenzie goals □ correctly determine the boiling point of an unknown liquid □ measure the refractive index of an unknown □ use the gas chromatogram to determine the mass percentage of a mixture and

boiling point determination faculty of science - Jun 18 2023

50 °C so in order to convert an experimental measurement taken in Calgary which is at higher altitude than sea level and so is at a lower pressure to that reported for sea level higher pressure one needs to add a correction factor since the boiling point at sea level is higher than that at higher altitudes

chem1212 boiling point lab report course hero - Aug 08 2022

introduction in chemistry one may encounter an unknown substance that needs to be determined by physical properties such as boiling point melting point density solubility etc in this experiment I aim to figure out the boiling point of a mystery substance in order to identify it chemical responsibility this experiment requires the handling of a Bunsen burner boiling

6.2b step by step procedures for boiling point determination - Mar 15 2023

there are a variety of methods by which a sample's boiling point can be determined including distillation reflux and by using a Thiele tube the most straightforward method uses a Thiele tube and has the advantage of using less than 0.5 mL of material