**Principles of Convection 1: Buoyancy and CAPE (MetEd)**

 Buoyancy

 Stages in the Buoyancy Process

 The Skew-T Diagram

 Metrics

Lifted Index

 CAPE

 The Wmax Equation

Entrainment

Effects of Entrainment and Water Loading - 1

 Effects of Entrainment and Water Loading – 2

CIN

Convective Inhibition (CIN)

 Overcoming CIN by Moistening

 Overcoming CIN by Synoptic-scale Ascent

 Downdraft Strength: Importance and Contributions - 1

 Downdraft Strength: Importance and Contributions - 2

 Cold Pool Strength

 Summary