**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