

**ONS:** An atom that has lost or gained electrons.

Atoms are most stable when their out energy shell is full.

Energy Level                      Max. # of electrons

1	2	He - 2 p
2	8	Ne - 10 p
3	8	Ar - 18 p
4	18	Kr - 36 p
5	18	Xe - 54 p

The Noble gases, group 18, are the most stable group of atoms because their outermost shell is filled.

Group 18: He, Ne, Ar, Kr, Xe, Rn

In order for atoms of other groups to become stable, they must either gain or lose electrons

gain → "neg ion" "ANION"  
lose → "pos ion" "CATION"

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