Equivalences

Study Development Quick Guide

## Mass

|  |  |
| --- | --- |
| 1kg = 1000g | 1 kilogram = 1000 grams |
| 1g = 1000mg | 1 gram = 1000 milligrams |
| 1mg = 1000 micrograms | 1 milligram = 1000 micrograms |

## Length

|  |  |
| --- | --- |
| 1km = 1000m | 1 kilometre = 1000 metres |
| 1m = 100cm | 1 metre = 100 centimetres |
| 1m = 1000mm | 1 metre = 1000 millimetres |
| 1mm = 1000 micrometres | 1 millimetre = 1000 microns |

## Volume

|  |  |
| --- | --- |
| 1L = 100cL | 1 litre = 100 centilitres |
| 1L = 1000mL | 1 litre = 1000 millilitres |
| 1mL = 1000 microlitres | 1 millilitre = 1000 microlitres |
| 1mL = 1cc | 1 millilitre = 1 cubic centimetre |

**Support**: Study Development offers workshops, short courses, 1 to 1 and small group tutorials.

* Join a tutorial or workshop on the [Study Development tutorial and workshop webpage](https://www.yorksj.ac.uk/students/study-skills/study-development-tutorials/) or search ‘YSJ study development tutorials.’
* Access our Study Success resources on the [Study Success webpage](https://www.yorksj.ac.uk/students/study-skills/study-success/) or search ‘YSJ study success.’