

macOS Big Sur
Version 11.0.1

Mac

Processor: 2.9G Intel Core i5
Memory: 4 GB 1333 MHz
Startup Disk: macOS Catalina
Graphics: Intel HD Graphics 630
Serial Number: V00000000000000000000

[System Report...](#) [Software Updates...](#)

Apple is committed to protecting your privacy. See [Apple's Privacy Policy](#).



Macbook Update Tutorial

D Kirk



Macbook Update Tutorial:

Thank you utterly much for downloading **Macbook Update Tutorial**. Maybe you have knowledge that, people have seen numerous times for their favorite books subsequently this Macbook Update Tutorial, but stop in the works in harmful downloads.

Rather than enjoying a fine PDF next a cup of coffee in the afternoon, then again they juggled past some harmful virus inside their computer. **Macbook Update Tutorial** is understandable in our digital library an online permission to it is set as public thus you can download it instantly. Our digital library saves in compound countries, allowing you to acquire the most less latency epoch to download any of our books in the manner of this one. Merely said, the Macbook Update Tutorial is universally compatible in imitation of any devices to read.

<https://intelliborn.com/data/virtual-library/Documents/Nfl%20Standings%20Update.pdf>

Table of Contents Macbook Update Tutorial

1. Understanding the eBook Macbook Update Tutorial
 - The Rise of Digital Reading Macbook Update Tutorial
 - Advantages of eBooks Over Traditional Books
2. Identifying Macbook Update Tutorial
 - 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 Macbook Update Tutorial
 - User-Friendly Interface
4. Exploring eBook Recommendations from Macbook Update Tutorial
 - Personalized Recommendations
 - Macbook Update Tutorial User Reviews and Ratings

- Macbook Update Tutorial and Bestseller Lists
- 5. Accessing Macbook Update Tutorial Free and Paid eBooks
 - Macbook Update Tutorial Public Domain eBooks
 - Macbook Update Tutorial eBook Subscription Services
 - Macbook Update Tutorial Budget-Friendly Options
- 6. Navigating Macbook Update Tutorial eBook Formats
 - ePub, PDF, MOBI, and More
 - Macbook Update Tutorial Compatibility with Devices
 - Macbook Update Tutorial Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Macbook Update Tutorial
 - Highlighting and Note-Taking Macbook Update Tutorial
 - Interactive Elements Macbook Update Tutorial
- 8. Staying Engaged with Macbook Update Tutorial
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Macbook Update Tutorial
- 9. Balancing eBooks and Physical Books Macbook Update Tutorial
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Macbook Update Tutorial
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Macbook Update Tutorial
 - Setting Reading Goals Macbook Update Tutorial
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Macbook Update Tutorial
 - Fact-Checking eBook Content of Macbook Update Tutorial
 - 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

Macbook Update Tutorial Introduction

In the digital age, access to information has become easier than ever before. The ability to download Macbook Update Tutorial has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Macbook Update Tutorial has opened up a world of possibilities. Downloading Macbook Update Tutorial provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Macbook Update Tutorial has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Macbook Update Tutorial. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Macbook Update Tutorial. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Macbook Update Tutorial, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites.

they are downloading from. In conclusion, the ability to download Macbook Update Tutorial has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Macbook Update Tutorial Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Macbook Update Tutorial is one of the best book in our library for free trial. We provide copy of Macbook Update Tutorial in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Macbook Update Tutorial. Where to download Macbook Update Tutorial online for free? Are you looking for Macbook Update Tutorial PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Macbook Update Tutorial. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Macbook Update Tutorial are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with

Macbook Update Tutorial. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Macbook Update Tutorial To get started finding Macbook Update Tutorial, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Macbook Update Tutorial So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Macbook Update Tutorial. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Macbook Update Tutorial, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Macbook Update Tutorial is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Macbook Update Tutorial is universally compatible with any devices to read.

Find Macbook Update Tutorial :

nfl standings update

coupon code update

top movies this month

romantasy books in the us

prime big deal days this month

pilates at home in the us

bookstagram picks ideas

yoga for beginners deal sign in

airpods usa

sat practice update

side hustle ideas act practice in the us

viral cozy mystery bookstagram picks in the us

math worksheet phonics practice latest

low carb recipes top

viral cozy mystery compare

Macbook Update Tutorial :

an introduction to biomedical computational fluid dynamics - Apr 22 2022

web sep 3 2021 computational fluid dynamics cfd is a tool that has been used by engineers for over 50 years to analyse heat transfer and fluid flow phenomena in recent years there have been rapid developments in biomedical and health research applications of

computational fluid dynamics an introduction springerlink - Dec 31 2022

web the objective then and now was to present the subject of computational fluid dynamics cfd to an audience unfamiliar with all but the most basic aspects of numerical techniques and to do so in such a way that the practical application

introduction to computational fluid dynamics springerlink - Mar 02 2023

web in this essential karim ghaib introduces computational fluid dynamics after an overview of mathematical principles the author formulates the conservation equations of fluid mechanics and explains turbulence models he describes the most important numerical methods and then gives types and evaluation criteria of computational meshes

an introduction to computational fluid dynamics university of - Oct 09 2023

web this chapter is intended as an introductory guide for computational fluid dynamics cfd due to its introductory nature only the basic principals of cfd are introduced here

an introduction to biomedical computational fluid dynamics - Jun 24 2022

web this chapter aims to introduce computational fluid dynamics and present the reader with the basics of biological fluid properties the cfd method and its applications within biomedical research through published examples in hope of bridging knowledge gaps in this rapidly emerging method of biomedical analysis

an introduction to computational fluid dynamics the finite - Jun 05 2023

web an introduction to computational fluid dynamics is the ideal text for the newcomer to the area whether they be undergraduates graduates or professionals it provides thorough yet accessible coverage of commercial finite volume based cfd codes within the context of the underlying theory giving the reader a full appreciation of cfd and its

introduction chapter 1 introduction to computational fluid dynamics - Nov 29 2022

web jun 5 2012 computational fluid dynamics cfd is concerned with numerical solution of differential equations governing transport of mass momentum and energy in moving fluids cfd activity emerged and gained prominence with

introduction to computational fluid dynamics springer - May 04 2023

web about this book this more of physics less of math insightful and comprehensive book simplifies computational fluid dynamics for readers with little knowledge or experience in heat transfer fluid dynamics or numerical methods

the finite volume method in computational fluid dynamics - Aug 27 2022

web m darwish covers the fvm method in detail including implementation of boundary conditions and two equation turbulence models keynote presentations and exercise solutions available for instructors relates fvm algorithms and methods to ufvm and openfoam implementations

introduction to computational fluid dynamics leer major - Feb 18 2022

web dec 15 2010 computational fluid dynamics cfd has its roots in weapons research since world war ii it has been used to replace experiments that are expensive difficult dangerous or even impossible to conduct the development of cfd for compressible flow was dominated by weapons research and astrophysics until 1980 when aeronautical *introduction to computational fluid dynamics google books* - Mar 22 2022

web aug 26 2021 this more of physics less of math insightful and comprehensive book simplifies computational fluid dynamics for readers with little knowledge or experience in heat transfer fluid dynamics or numerical methods the novelty of this book lies in the simplification of the level of mathematics in cfd by presenting physical law instead of

introduction to computational fluid dynamics course - Feb 01 2023

web this series will help participants develop an understanding of computational fluid dynamics and provide an opportunity to practice numerical solution techniques as applied to the equations governing fluid mechanics and heat transfer

computational fluid dynamics sciencedirect - May 24 2022

web computational fluid dynamics a practical approach third edition is an introduction to cfd fundamentals and commercial cfd software to solve engineering problems the book is designed for a wide variety of engineering students new to cfd and for practicing engineers learning cfd for the first time

an introduction to computational fluid dynamics archive org - Sep 27 2022

web 1 introduction 1 1 1 what is cfd 1 1 2 how does a cfd code work 2 1 3 problem solving with cfd 4 1 4 scope of this book 6 2 conservation laws of fluid motion and boundary conditions 9 2 1 governing equations of fluid flow and heat transfer 9 2 1 1 mass conservation in three dimensions 10 2 1 2 rates of change following a fluid particle and for

an introduction to computational fluids dynamics researchgate - Jul 06 2023

web oct 21 2018 an introduction to computational fluids dynamics october 2018 authors medhat elkelawy tanta university hagar alm eldin mohamad tanta university abstract fluid dynamics analysis and solving

introduction to computational fluid dynamics - Jul 26 2022

web introduction to computational fluid dynamics is a textbook for advanced undergraduate and first year graduate students in mechanical aerospace and chemical engineering the book emphasizes understanding cfd through physical principles and examples

[introduction to computational fluid dynamics wiley online books](#) - Oct 29 2022

web sep 30 2016 in this book an attempt is made to simplify the subject even for readers who have little or no experience in cfd and without prior knowledge of fluid dynamics heattransfer and numerical methods the major emphasis is on simplification of the mathematics involved by presenting physical law instead of the traditional differential

[computational fluid dynamics an introduction springerlink](#) - Apr 03 2023

web based on the successful von karman lecture series on computational fluid dynamics cfd excellent introduction for newcomers to the field the perfect introductory reference for any bookshelf includes supplementary material sn pub extras

an introduction to computational fluid dynamics google books - Aug 07 2023

web this book presents the fundamentals of computational fluid mechanics for the novice user it provides a thorough yet user friendly introduction to the governing equations and boundary

an introduction to computational fluid dynamics - Sep 08 2023

web apr 1 2018 an introduction to computational fluid dynamics topics cfd computational fluid dynamics versteeg collection opensource language english ebook for cfd addeddate

[zahntechnikerin lädt notizbuch geschenkidee für](#) - Mar 29 2022

web apr 8 2019 notizbuch geschenkidee für zahntechnikerinnen notizbuch mit 110 linierten seiten format 6x9 din a5 soft cover matt autorennamen für mehr

zahntechnikerin lädt notizbuch geschenkidee für - May 11 2023

web buy zahntechnikerin lädt notizbuch geschenkidee für zahntechnikerinnen notizbuch mit 110 linierten seiten format 6x9 din a5 soft cover matt klick auf den

zahntechnikerin ladt notizbuch geschenkidee für z 2023 - Sep 03 2022

web zahntechnikerin ladt notizbuch geschenkidee für z your aunt my aunt feb 02 2023 dieses notizbuch ist ein toller planer für die beste tante supertante und patentante

zahnarzt deutsch türkisch Übersetzung pons - Apr 29 2022

web Übersetzung deutsch türkisch für zahnarzt im pons online wörterbuch nachschlagen gratis vokabeltrainer verbtabellen aussprachefunktion

zahntechnikerin lädt notizbuch geschenkidee für - Aug 14 2023

web apr 8 2019 notizbuch geschenkidee für zahntechnikerinnen notizbuch mit 110 linierten seiten format 6x9 din a5 soft cover matt mehr designs zu diesem

[zahnarzt auf türkisch übersetzen deutsch türkisch wörterbuch](#) - Jul 01 2022

web zahnarzt auf türkisch übersetzen deutsch türkisch wörterbuch Übersetzen 768 284 einträge 222 918 anfragen

dolmetscher und Übersetzerverzeichnis aller sprachen

amazon in customer reviews zahntechnikerin lädt notizbuch - Dec 06 2022

web notizbuch geschenkidee für zahntechnikerinnen notizbuch mit 110 linierten seiten format 6x9 din a5 soft cover matt autorennamen für mehr designs zu diesem

zahntechnikerin lädt notizbuch geschenkidee für - Feb 08 2023

web dieses notizbuch ist perfekt f r spontane notizen egal ob unterwegs oder zuhause perfekt f r einen strukturierten tagesablauf

notizbuch für zahntechniker zahntechnikerin originelle - Mar 09 2023

web notizbuch für zahntechniker zahntechnikerin originelle geschenk idee 120 seiten kariertes din a4 blanko papier s design zahntechnikerin notizbücher

buy zahntechnikerin lädt notizbuch geschenkidee für - Apr 10 2023

web autorennamen für mehr designs zu diesem thema book online at best prices in india on amazon in read zahntechnikerin lädt notizbuch geschenkidee für

zahntechnikerin lädt notizbuch geschenkidee für - Jan 07 2023

web apr 8 2019 notizbuch geschenkidee für zahntechnikerinnen notizbuch mit 110 linierten seiten format 6x9 din a5 soft cover matt klick auf den autorennamen für

zahntechnikerin lädt notizbuch zahntechnikerin journal din - Nov 05 2022

web notizbuch zahntechnikerin journal din a5 liniert 120 seiten geschenk book online at best prices in india on amazon in read zahntechnikerin lädt notizbuch

zahntechnik auf türkisch übersetzen deutsch tuerkisch net - May 31 2022

web deutsch tuerkisch net zahntechnik auf türkisch übersetzen zahntechnik deutsch türkische übersetzung zahntechnik in türkisch

zahntechnikerin notizbuch geschenkidee für - Jul 13 2023

web zahntechnikerin notizbuch geschenkidee für zahntechnikerinnen notizbuch mit 110 linierten seiten format 6x9 din a5 soft cover matt klick auf den autorennamen

zahntechnikerin ladt notizbuch geschenkidee fur z pdf - Oct 04 2022

web aug 27 2023 zahntechnikerin ladt notizbuch geschenkidee fur z 1 1 downloaded from uniport edu ng on august 27 2023 by guest zahntechnikerin ladt notizbuch

zahntechnikerin lädt notizbuch geschenkidee für - Jun 12 2023

web apr 8 2019 notizbuch geschenkidee für zahntechnikerinnen notizbuch mit 110 linierten seiten format 6x9 din a5 soft

cover matt autorennamen für mehr

zahnarzthelferin auf türkisch übersetzen deutsch tuerkisch net - Aug 02 2022

web deutsch tuerkisch net zahnarzthelferin auf türkisch übersetzen zahnarzthelferin deutsch türkische übersetzung zahnarzthelferin in türkisch

difference between actinides and lanthanides definition - May 16 2022

web sep 17 2017 the chemical elements in the actinide series are called actinides and the elements in the lanthanide series are called lanthanides the main difference between actinides and lanthanides is that actinides can form complexes easily whereas lanthanides do not form complexes easily key areas covered 1 what are actinides

highly efficient separation of actinides from lanthanides by a - Jul 18 2022

web the synthesis lanthanide complexation and solvent extraction of actinide iii and lanthanide iii radiotracers from nitric acid solutions by a phenanthroline derived quadridentate bis triazine ligand are described

8 lanthanide and actinide chemistry libretexts - Jul 30 2023

web jan 13 2023 the series is the row below the lanthanide series which is located underneath the main body of the periodic table lanthanide and actinide series are both referred to as rare earth metals these elements all have a high diversity in oxidation numbers all of the actinides are radioactive

lanthanides vs actinides learn definition facts examples - Jan 12 2022

web 1 day ago lanthanides and actinides are radioactive in nature they consist of 30 elements in total they contain radioactive elements such as uranium these elements are kept in the lanthanide and actinide series of periodic tables here we will learn what are the lanthanides and actinides

d and f block elements properties lanthanides actinides - Feb 10 2022

web on the basis of the entrance of the last electron either into 4 f orbital or 5 f orbital these elements are classified into two categories called lanthanides and actinides respectively lanthanides the name lanthanides comes from lanthanum la z 57 because these elements are closely related to lanthanum

international year of the periodic table lanthanide and actinide - Nov 21 2022

web the lanthanides and actinides including group 3 metals due to their chemical similarities account for around a third of the periodic table and they are key to a wide range of basic science research and societally beneficial technologies since 2019 is designated as international year of the periodic table it is an appropriate time to

actinide wikipedia - Jan 24 2023

web actinides in the periodic table part of a series on the periodic table periodic table forms periodic table history sets of elements by periodic table structure by metallic classification metals alkali alkaline earth transition post transition lanthanide

actinide superactinide metalloids dividing metals and nonmetals nonmetals unclassified

transforming lanthanide and actinide chemistry with nanoparticles - Mar 26 2023

web lanthanides and actinides are series of elements with atomic numbers from 57 to 71 and from 89 to 103 respectively because their f electron shells are gradually filled as the atomic number increases 4f for lanthanides and 5f for actinides 1 these elements are known as f block elements figure 1

6 14 lanthanides and actinides chemistry libretexts - Aug 31 2023

web sep 20 2022 lanthanides are all metals with reactivity similar to group 2 elements actinides are all radioactive elements lanthanides are used in optical devices night vision goggles petroleum refining and alloys actinides are found primarily in applications where their radioactivity can be used to power devices such as cardiac pacemakers

general properties and reactions of the actinides - Feb 22 2023

web jun 30 2023 the actinide series contains elements with atomic numbers 89 to 103 and is in the sixth period and the third group of the periodic table the series is the row below the lanthanide series which is located underneath the main body of the periodic table lanthanide and actinide series are both referred to as rare earth metals these

lanthanide and actinide chemistry wiley online books - May 28 2023

web jan 13 2006 chapter 1 introduction to the lanthanides pages 1 7 summary pdf request permissions chapter 2 the lanthanides principles and energetics pages 9 22 summary pdf request permissions chapter 3 the lanthanide elements and simple binary compounds pages 23 33 summary pdf request permissions

lanthanide wikipedia - Oct 21 2022

web periodic table history sets of elements by periodic table structure by metallic classification metals alkali alkaline earth transition post transition lanthanide actinide superactinide metalloids dividing metals and nonmetals nonmetals unclassified nonmetal halogen noble gas by other characteristics elements list of chemical elements

lanthanides properties and reactions chemistry libretexts - Jun 28 2023

web jun 30 2023 like the actinides the lanthanides can be used for nuclear purposes the hydrides can be used as hydrogen moderator carriers the oxides can be used as diluents in nuclear fields

actinide lanthanide separation process alsep industrial - Sep 19 2022

web separation of the minor actinides from the lanthanides at an industrial scale remains a significant technical challenge for closing the nuclear fuel cycle to increase the safety of used nuclear fuel unf reprocessing as well as reduce associated costs a novel solvent extraction process has been developed the process allows for partitioning minor

lanthanides and actinides springerlink - Dec 23 2022

web about this book lanthanides and actinides covers an important part of inorganic chemistry currently only catered for in

large general texts this treatment covers structure preparation and handling of the elements and their compounds

lanthanides and actinides annual survey of their organometallic - Apr 26 2023

web jun 15 2021 bradley wilson a florian jaroschik b add to mendeley doi org 10 1016 j ccr 2021 213830 get rights and content highlights dinitrogen activation and transformation with low valent complexes divalent lanthanide complexes as interesting single molecular magnets

lanthanides and actinides introduction to chemistry course hero - Mar 14 2022

web the actinides are elements 89 to 103 and fill their 5f sublevel progressively actinides are typical metals and have properties of both the d block and the f block elements but they are also radioactive lanthanides have different chemistry from transition metals because their 4f orbitals are shielded from the atom s environment

high school chemistry lanthanides and actinides wikibooks - Aug 19 2022

web dec 1 2022 lanthanides and actinides vary in electron filling order edit edit source the lanthanides and the actinides make up the f block of the periodic table the lanthanides are the elements produced as the 4f sublevel is filled with electrons and the actinides are formed while filling the 5f sublevel generally speaking the lanthanides

the lanthanides and actinides world scientific publishing co - Apr 14 2022

web the lanthanides and actinides synthesis reactivity properties and applications constitutes an introduction to and comprehensive coverage of f block chemistry encompassing the following areas periodicity natural occurrence and extraction separations electronic structure coordination chemistry organometallic chemistry small

why lanthanides and actinides are separate on the periodic table - Jun 16 2022

web jun 27 2019 the lanthanides and actinides are arranged below with a notation in the main body cell rather than making room for all these elements in the 3b group in the main body of the periodic table because of the f shell electrons these two element groups are also known as the f block elements