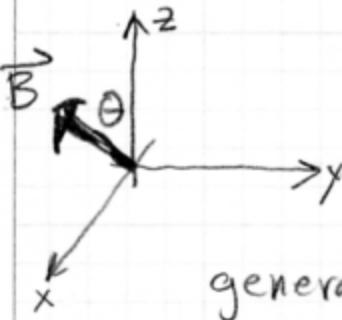


Diagonalizing an arbitrary Hermitian 2×2

Recall, eigenvectors of $B_x \hat{x} + B_z \hat{z} = B(\sin \theta \hat{x} + \cos \theta \hat{z})$ are:

$$\begin{aligned} \text{are: } \tilde{U}(\theta \hat{y})(1) &= \begin{pmatrix} \cos \frac{\theta}{2} & -\sin \frac{\theta}{2} \\ \sin \frac{\theta}{2} & \cos \frac{\theta}{2} \end{pmatrix} \begin{pmatrix} 1 \\ 0 \end{pmatrix} = \begin{pmatrix} \cos \frac{\theta}{2} \\ \sin \frac{\theta}{2} \end{pmatrix} \\ &\quad (0) = \quad (0) = \begin{pmatrix} -\sin \frac{\theta}{2} \\ \cos \frac{\theta}{2} \end{pmatrix} \end{aligned}$$



Suppose one wants to diagonalize the general **REAL VALUED** 2×2 Hamiltonian

$$\tilde{H} = \begin{pmatrix} H_{11} & H_{12} \\ H_{21} & H_{22} \end{pmatrix} \quad \text{we are assuming this is real valued, then } H_{12} = H_{21} \equiv H_x, \text{ since } H_x \sigma_x = \begin{pmatrix} 0 & H_x \\ H_x & 0 \end{pmatrix}$$

$$\text{then } \begin{pmatrix} H_{11} & 0 \\ 0 & H_{22} \end{pmatrix} = \frac{1}{2}(H_{11} + H_{22}) \begin{pmatrix} 1 & 0 \\ 0 & 1 \end{pmatrix} + \begin{pmatrix} \frac{1}{2}(H_{11} - H_{22}) & 0 \\ 0 & -\frac{1}{2}(H_{11} - H_{22}) \end{pmatrix}$$

$$\text{denote } \bar{H} \equiv \frac{1}{2}(H_{11} + H_{22}) \quad H_z \equiv \frac{1}{2}(H_{11} - H_{22}) \rightarrow H_z \sigma_z$$

$$\text{so, the Hamiltonian } \tilde{H} \equiv \begin{pmatrix} H_{11} & H_{12} \\ H_{21} & H_{22} \end{pmatrix} \equiv \bar{H} \begin{pmatrix} 1 & 0 \\ 0 & 1 \end{pmatrix} + H_x \sigma_x + H_z \sigma_z \quad \text{Compare}$$

$$\text{we can "read off" eigenvectors, values...} \quad \begin{pmatrix} \cos \frac{\theta}{2} \\ \sin \frac{\theta}{2} \end{pmatrix} \text{ e.val. } \bar{H} + \sqrt{H_x^2 + H_z^2}$$

$$\text{with } \cos \theta \equiv H_z / \sqrt{H_x^2 + H_z^2}$$

$$\begin{pmatrix} -\sin \frac{\theta}{2} \\ \cos \frac{\theta}{2} \end{pmatrix} \text{ e.val. } \bar{H} - \sqrt{H_x^2 + H_z^2}$$

(\bar{H} is always diagonal!)

what about when H_{12} not purely real? $H_{12} = \text{Re}(H_{12}) - i\text{Im}(H_{12})$

In this case, $H_x \equiv \text{Re}(H_{12})$, $H_y \equiv \text{Im}(H_{12})$, $\bar{H} + H_z$ as before.

$$\tilde{H} = \bar{H} \begin{pmatrix} 1 & 0 \\ 0 & 1 \end{pmatrix} + H_x \sigma_x + H_y \sigma_y + H_z \sigma_z$$

The eigenvectors of this: $\tilde{U}(\phi \hat{z}) \tilde{U}(\theta \hat{y})(1)$



$$\begin{pmatrix} e^{-i\phi/2} & 0 \\ 0 & e^{+i\phi/2} \end{pmatrix} \begin{pmatrix} \cos \frac{\theta}{2} & -\sin \frac{\theta}{2} \\ \sin \frac{\theta}{2} & \cos \frac{\theta}{2} \end{pmatrix} \begin{pmatrix} 1 \\ 0 \end{pmatrix} = \begin{pmatrix} \cos \frac{\theta}{2} e^{-i\phi/2} \\ \sin \frac{\theta}{2} e^{+i\phi/2} \end{pmatrix}$$

$$\begin{pmatrix} 0 \\ 1 \end{pmatrix} = \begin{pmatrix} -\sin \frac{\theta}{2} e^{-i\phi/2} \\ \cos \frac{\theta}{2} e^{+i\phi/2} \end{pmatrix}$$

$$\text{eigenvalues } \bar{H} \pm \sqrt{H_x^2 + H_y^2 + H_z^2} = \bar{H} \pm \left[|H_{12}|^2 + \frac{1}{4}(H_{11} - H_{22})^2 \right]^{1/2}$$

Isospin

the up and down quarks are very nearly identical... indeed, they can be thought of as identical, in the limits that: 1) electromagnetism's $\alpha \rightarrow 0$

2) the energy from gluon fields in mesons + baryons is $\gg m_u c^2, m_d c^2$

In the limit that they are really identical, then it would be very hard to agree about which is which. Indeed, one observer might call the $u + d$ (u), while another might say (d'), where

$$\begin{pmatrix} u' \\ d' \end{pmatrix} = U(\theta \hat{n}) \begin{pmatrix} u \\ d \end{pmatrix} \quad \leftarrow \begin{array}{l} \text{like "spin" axes} \\ \text{rotated in} \\ \text{"flavor" space} \end{array}$$

$$\Rightarrow \text{"SU(2) of } \underline{\text{isospin}} \text{"}$$

The most interesting consequences of this symmetry arise when one builds up complex systems out of up + down quarks. This is our first encounter with the "addition of angular momentum," although in this case, it's not really angular momentum.

Idea is: u quark is "isospin-up", $I_3 = +\frac{1}{2}$ { all
 \bar{u} " - down, $I_3 = -\frac{1}{2}$ } $I = \frac{1}{2}$
 d quark is "isospin-down", $I_3 = -\frac{1}{2}$
 \bar{d} is "isospin-up", $I_3 = +\frac{1}{2}$

When you build up hadrons, the third component of I is strictly additive. You don't know where I (total) will end up, however (at least not yet).

$$\begin{matrix} u\bar{u} & u\bar{d} & \bar{u}d & \bar{d}\bar{d} \\ 0 & +1 & -1 & 0 = I_3 \end{matrix}$$

Physically, $u\bar{u} + d\bar{d}$ are not eigenstates. Particularly if they have real spin = 0 ($\downarrow\uparrow$) and no total orbital angular momentum, they can mix through

$$\begin{array}{ccc} \begin{array}{c} d \uparrow \downarrow \\ \overbrace{\hspace{1cm}} \\ u \uparrow \downarrow \end{array} & \begin{array}{c} u\bar{u} \rightarrow d\bar{d} \\ \text{---} \\ d\bar{d} \rightarrow u\bar{u} \end{array} & \begin{array}{c} u\bar{u} \uparrow \downarrow \\ \overbrace{\hspace{1cm}} \\ d \uparrow \downarrow \end{array} \end{array} \rightarrow \begin{array}{l} \text{same strength (exactly)} \\ \rightarrow u\bar{d} \text{ never} \rightarrow \bar{u}d \text{ (charge)} \end{array}$$

If I project the arbitrary state $|\Psi\rangle$ onto $|u\bar{u}\rangle$, $|u\bar{d}\rangle$, $|d\bar{d}\rangle$, $|d\bar{u}\rangle$,
 Then the Schrödinger equation is: $a_1 = \langle u\bar{u} | \Psi \rangle$, $a_2 = \langle u\bar{d} | \Psi \rangle$, $a_3 = \langle d\bar{d} | \Psi \rangle$

$$i\hbar \frac{\partial}{\partial t} \begin{pmatrix} a_1 \\ a_2 \\ a_3 \\ a_4 \end{pmatrix} = - \begin{pmatrix} E & 0 & 0 & 0 \\ 0 & E+A & A & 0 \\ 0 & A & E+A & 0 \\ 0 & 0 & 0 & E \end{pmatrix} \begin{pmatrix} a_1 \\ a_2 \\ a_3 \\ a_4 \end{pmatrix}$$

E = energy without
the mixing
A = transition
amplitude.

well, we've seen this before...
 eigenstates are:

$$u\bar{d} = \pi^+ \Rightarrow \begin{pmatrix} 1 \\ 0 \\ 0 \\ 0 \end{pmatrix}, \text{ e.val. } E \quad \bar{u}d = \pi^- \Rightarrow \begin{pmatrix} 0 \\ 0 \\ 0 \\ 1 \end{pmatrix}, \text{ e.val. } E$$

$$\frac{1}{r_2} [u\bar{u} - d\bar{d}] = \pi^0 \Rightarrow \frac{1}{r_2} \begin{pmatrix} 0 \\ -1 \\ 1 \\ 0 \end{pmatrix}, \text{ e.val. } E; \quad \frac{1}{r_2} (u\bar{u} + d\bar{d}) \Rightarrow \frac{1}{r_2} \begin{pmatrix} 0 \\ 1 \\ 1 \\ 0 \end{pmatrix}, \text{ e.val. } E+2A$$

\Rightarrow "triplet" with e.val. E \Rightarrow like a "spin-1" multiplet
 $\pi^+, \pi^0, \pi^- \rightarrow$ "isotriplet," \simeq same mass $\Rightarrow I=1$

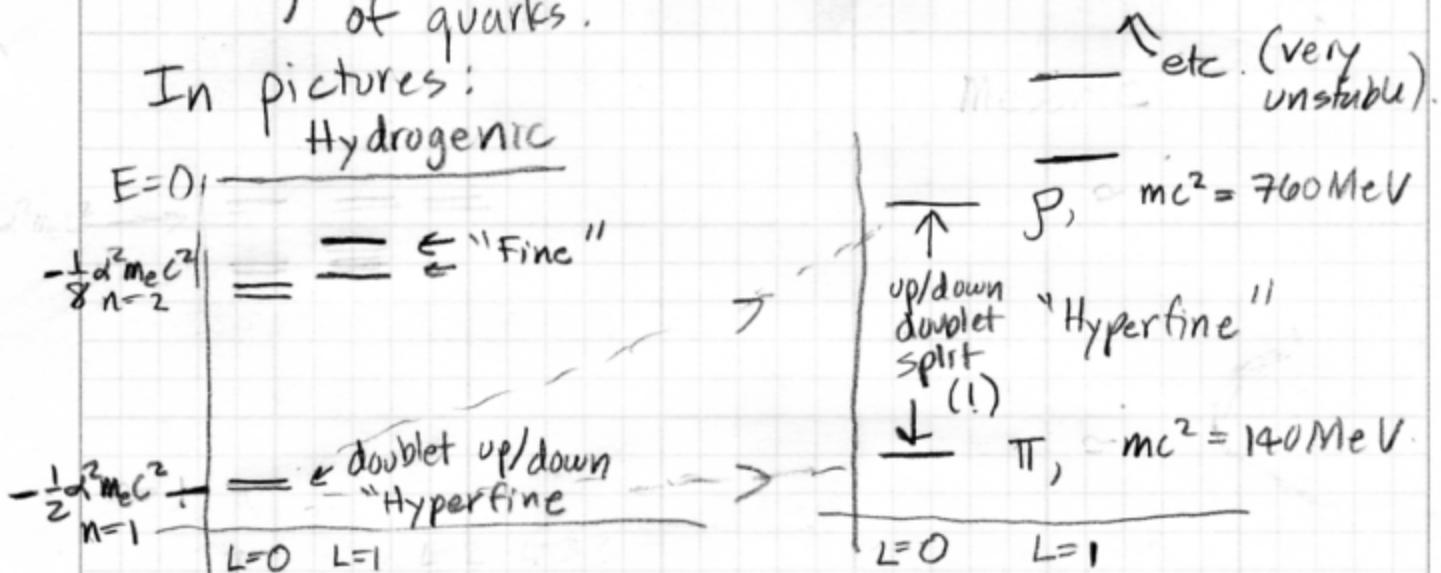
\Rightarrow "singlet" with e.val. $E+2A \rightarrow$ higher mass
 (like n, but n also has some s⁻s inside).
 pays $I=0$

The Spin-Spin Interaction

The energy spectrum of bound states of quarks (hadrons) is qualitatively different than that of bound states of electrons + nuclei. However, the spectra are not unrelated; actually, the spectrum of hadrons is in many ways is simpler. This is because:

- 1) There is considerable degeneracy in atomic spectra: states with varying orbital angular momentum often have the same binding energy; the two states with electron spin up/down are also essentially degenerate. In quark systems, neither of these phenomena are true. The orbital angular degeneracy is absent because the strong potential is not $\propto r$; the spin degeneracy is broken because quarks have very large "color-magnetic moments".
- 2) There are fewer stable excited states of quarks.

In pictures:



- Splitting of $L=1$ levels known as "Fine Structure," $\propto (\alpha)^2$ (etm, hydrogenic)
- Splitting of $L=0$ levels known as "Hyperfine" $\propto \alpha^2$ (etm, Hydrogenic)
 - minor effect in Hydrogen; nevertheless, the transition, through photon admission, allowed mapping of the Galaxy (21 cm line)
 - Major effect in mesons.

Origin of Hyperfine Term

Text book sec 5.5, page 156

- Quarks, Leptons have "intrinsic" magnetic moments
- Like loops of current that have a vanishingly small radius
- Quarks - really a "color" magnetic moment
- There is a singularity in the magnetic field at the origin. Why?



$$\vec{B}_{\text{far}} = \frac{1}{r^3} \left[\frac{3(\vec{\mu} \cdot \vec{r})\vec{r}}{r^2} - \vec{\mu} \right] \times \frac{\mu_0}{4\pi}$$

$$\rightarrow 2a \leftarrow$$

$$\mu = \pi a^2 I \quad (\text{moment})$$

$$B(0) = \frac{\mu_0 I}{2a}$$

imagine shrinking

a,
keeping μ constant
so far field same!

$$I = \frac{\mu}{\pi a^2}$$

$$B(0) = \frac{\mu \mu_0}{2\pi a^3} = \frac{\mu_0}{4\pi} \left[2 \cdot \frac{4\pi}{3} \frac{\mu}{\left(\frac{4\pi}{3}a^3\right)} \right] = \left(\frac{\mu_0}{4\pi}\right) \frac{8\pi}{3} \frac{\mu}{V}$$

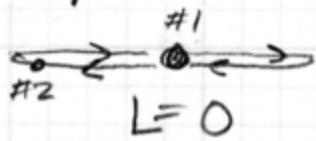
- where $V = \frac{4\pi}{3}a^3$. $B(0)$ is singular as $1/V$
- if there is a non-zero probability of another particle sitting on the small moment, say with probability $|\Psi(\vec{r})|^2$ (put small moment at \vec{r}), per unit volume, then that other particle will experience an average magnetic field of:

$$\langle \vec{B} \rangle = |\Psi(\vec{r})|^2 \int d^3x \left(\frac{\mu_0}{4\pi}\right) \frac{8\pi}{3} \frac{\mu}{V} \quad (\text{volume has small moment in side})$$

$$= \left(\frac{\mu_0}{4\pi}\right) \frac{8\pi}{3} \vec{\mu} |\Psi(\vec{r})|^2$$

another way of saying this: $\vec{B} = \vec{B}_{\text{far}} + \left(\frac{\mu_0}{4\pi}\right) \frac{8\pi}{3} \vec{p} \delta^3(\vec{r})$
infinitesimal dipole

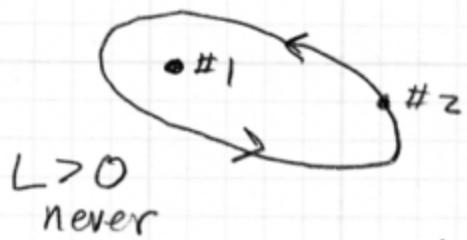
This $\delta^3(\vec{r})$ arises in bound states for $L=0$ states only. Pictures of orbits:



sometimes #1
sits on #2

$$\frac{\text{probability}}{\text{volume}} = |\Psi(\vec{r})|^2$$

\uparrow
0 separation



$L > 0$
never

(neglect)
further

[consider
further].

$H = \langle -\vec{\mu}_2 \cdot \vec{B}_1 \rangle$ \vec{B}_{far} averages to zero,

$$= -\frac{\mu_0}{4\pi} \frac{8\pi}{3} \vec{\mu}_2 \cdot \vec{\mu}_1 |\Psi(\vec{r})|^2$$

$$\begin{aligned} \vec{\mu}_1 & \uparrow \\ \vec{s}_1 \uparrow \circ & \downarrow \vec{\mu}_2 \uparrow \vec{s}_2 \\ q_f & \downarrow \vec{\mu}_2 \quad \bar{q} \uparrow \vec{s}_2 \\ q_f \vec{\mu}_2 & = -\frac{q_2 q_f}{2m_2} \vec{s}_2 \\ N_1 & = \frac{q_1 q_f}{2m_1} \vec{s}_1 \\ & = -\frac{G}{m_1} \vec{s}_1 \end{aligned}$$

- from antiparticle

here, q_f = "charge" could
be strong.

$$H = +\left(\frac{\mu_0}{4\pi}\right) \cdot \left(\frac{8\pi}{3}\right) \cdot \frac{G^2}{m_1 m_2} \vec{s}_1 \cdot \vec{s}_2 |\Psi(\vec{r})|^2$$

or

$$H = + \frac{A}{m_1 m_2} \vec{s}_1 \cdot \vec{s}_2$$

note:
 $\vec{s}_1 \downarrow \uparrow \vec{s}_2$ lower energy
 $\vec{s}_1 \uparrow \uparrow \vec{s}_2$ higher energy.

Quantum Mechanical Version

$$\vec{s}_1 \cdot \vec{s}_2 = \sum_{\substack{\text{operates} \\ \text{in} \\ \#1's}} s_{1x} s_{2x} + \sum_{\substack{\text{space} \\ \#2's}} s_{1y} s_{2y} + \sum_{\substack{\text{space} \\ \#1's}} s_{1z} s_{2z}$$

A natural way to represent this operator is in the space of products of eigenstates of $s_{1z} + s_{2z}$:

$$\#1 = |\uparrow, \uparrow_2\rangle \quad \#2 = |\uparrow_1, \downarrow_2\rangle \quad \#3 = |\downarrow_1, \uparrow_2\rangle \quad \#4 = |\downarrow_1, \downarrow_2\rangle$$

take one matrix element:

$$\langle \uparrow, \uparrow_2 | \vec{s}_1 \cdot \vec{s}_2 | \uparrow_1, \uparrow_2 \rangle$$

$$= \langle \uparrow_1 | s_{1x} | \uparrow_1 \rangle \langle \uparrow_2 | s_{2x} | \uparrow_2 \rangle + \langle \uparrow_1 | s_{1y} | \uparrow_1 \rangle \langle \uparrow_2 | s_{2y} | \uparrow_2 \rangle + \langle \uparrow_1 | s_{1z} | \uparrow_1 \rangle \langle \uparrow_2 | s_{2z} | \uparrow_2 \rangle$$

$$\langle \uparrow_1 | s_{1x} | \uparrow_1 \rangle = (1 \ 0) \times \frac{\hbar}{2} \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \begin{pmatrix} 1 \\ 0 \end{pmatrix} = \frac{\hbar}{2} (1 \ 0) \begin{pmatrix} 0 \\ 1 \end{pmatrix} = 0$$

$$= \langle \uparrow_2 | s_{2x} | \uparrow_2 \rangle = \langle \uparrow_1 | s_{1y} | \uparrow_1 \rangle = \langle \uparrow_2 | s_{2y} | \uparrow_2 \rangle$$

$$\langle \uparrow_1 | s_{1z} | \uparrow_1 \rangle = \frac{\hbar}{2} \quad \langle \uparrow_2 | s_{2z} | \uparrow_2 \rangle = \frac{\hbar}{2}$$

$$\text{so } \langle \uparrow, \uparrow_2 | \vec{s}_1 \cdot \vec{s}_2 | \uparrow_1, \uparrow_2 \rangle = +\frac{\hbar^2}{2}$$

$$\text{also } \langle \downarrow, \downarrow_2 | \vec{s}_1 \cdot \vec{s}_2 | \downarrow_1, \downarrow_2 \rangle = +\frac{\hbar^2}{2}$$

$$\text{claim: } \langle \uparrow, \uparrow_2 | \vec{s}_1 \cdot \vec{s}_2 | \text{other 3} \rangle = 0$$

$$\uparrow, \downarrow_2, \downarrow, \uparrow_2, \downarrow, \downarrow_2$$

$$\text{first two: } \langle \uparrow_1 | s_{1x}, s_{1y} | \uparrow_1 \rangle = 0 \quad \text{or} \quad \langle \uparrow_2 | s_{2x}, s_{2y} | \uparrow_2 \rangle = 0$$

$$\text{and } \langle \uparrow_2 | s_{2z} | \downarrow_2 \rangle = 0 \quad \text{and } \langle \uparrow_1 | s_{1z} | \downarrow \rangle = 0$$

$$\langle \uparrow, \uparrow_2 | \vec{s}_1 \cdot \vec{s}_2 | \downarrow, \downarrow_2 \rangle = \langle \uparrow_1 | s_{1x} | \downarrow_1 \rangle \langle \uparrow_2 | s_{2x} | \downarrow_2 \rangle + \langle \uparrow_1 | s_{1y} | \downarrow_1 \rangle \langle \uparrow_2 | s_{2y} | \downarrow_2 \rangle$$

$$\langle \uparrow | \tilde{S}_x | \downarrow \rangle = \frac{\hbar}{2} (1 \ 0) \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 1 \end{pmatrix} = \frac{\hbar}{2} (1 \ 0) \begin{pmatrix} 0 \\ 1 \end{pmatrix} = \frac{\hbar}{2}$$

$$\langle \uparrow | \tilde{S}_y | \downarrow \rangle = \frac{\hbar}{2} (1 \ 0) \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 1 \end{pmatrix} = \frac{\hbar}{2} (1 \ 0) \begin{pmatrix} 0 \\ -i \end{pmatrix} = \frac{\hbar}{2} (-i)$$

$$\text{so } \langle \uparrow, \uparrow_2 | \tilde{S}_z | \downarrow, \downarrow_2 \rangle = \left(\frac{\hbar}{2}\right)^2 (1^2 + (-i)^2) = 0!$$

similarly, $\langle \downarrow, \downarrow_2 | \tilde{S}_z | \downarrow, \downarrow_2 | \text{other 3} \rangle = 0$
 $\uparrow, \downarrow_2, \downarrow, \uparrow_2, \uparrow, \uparrow_2$

matrix:

	$ \uparrow, \uparrow_2\rangle$	$ \uparrow, \downarrow_2\rangle$	$ \downarrow, \uparrow_2\rangle$	$ \downarrow, \downarrow_2\rangle$
$\langle \uparrow, \uparrow_2 $	$\hbar^2/4$	0	0	0
$\langle \uparrow, \downarrow_2 $	0 hermitian			0 hermitian
$\langle \downarrow, \uparrow_2 $	0 hermitian			0 hermitian
$\langle \downarrow, \downarrow_2 $	0	0	0	$\hbar^2/4$

$$\begin{aligned} \langle \uparrow, \downarrow_2 | \tilde{S}_z \cdot \tilde{S}_z | \uparrow, \downarrow_2 \rangle &= \langle \uparrow, \downarrow_2 | \tilde{S}_{1z} \cdot \tilde{S}_{2z} | \uparrow, \downarrow_2 \rangle = -\hbar^2/4 \\ &= \langle \downarrow, \uparrow_2 | \tilde{S}_{1z} \cdot \tilde{S}_{2z} | \downarrow, \uparrow_2 \rangle = -\hbar^2/4 \\ &\quad (\tilde{S}_x + \tilde{S}_y \text{ terms vanish}). \end{aligned}$$

leaving:

$$\begin{aligned} \langle \uparrow, \downarrow_2 | \tilde{S}_z \cdot \tilde{S}_z | \downarrow, \uparrow_2 \rangle &= \langle \uparrow, \tilde{S}_{1x} | \downarrow, \rangle \langle \downarrow, \tilde{S}_{2x} | \uparrow, \rangle \\ &\quad + \langle \uparrow, \tilde{S}_{1y} | \downarrow, \rangle \langle \downarrow, \tilde{S}_{2y} | \uparrow, \rangle \end{aligned}$$

$$\langle \uparrow, \tilde{S}_{1x} | \downarrow, \rangle = \frac{\hbar}{2} (1 \ 0) \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 1 \end{pmatrix} = \frac{\hbar}{2} \quad \langle \downarrow, \tilde{S}_{2x} | \uparrow, \rangle$$

$$\langle \downarrow, \tilde{S}_{2x} | \uparrow, \rangle = \frac{\hbar}{2} (0 \ 1) \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \begin{pmatrix} 1 \\ 0 \end{pmatrix} = \frac{\hbar}{2} = \frac{\hbar}{2} (0 \ 1) \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \begin{pmatrix} 1 \\ 0 \end{pmatrix}$$

$$\langle \uparrow, \tilde{S}_{1y} | \downarrow, \rangle = \frac{\hbar}{2} (1 \ 0) \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 1 \end{pmatrix} = \frac{\hbar}{2} (-i) = \frac{\hbar}{2} (+i)$$

$$\langle \downarrow, \downarrow_2 | \vec{s}_1 \cdot \vec{s}_2 | \uparrow, \uparrow_2 \rangle = \frac{\hbar^2}{4} + \frac{\hbar^2}{4}(-i)(i) = 2 \times \frac{\hbar^2}{4}$$

by Hermitian-ness:

$$= \langle \downarrow, \uparrow_2 | \vec{s}_1 \cdot \vec{s}_2 | \uparrow, \downarrow_2 \rangle$$

so,

$$\vec{s}_1 \cdot \vec{s}_2 \doteq \frac{\hbar^2}{4} \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 2 & 0 \\ 0 & 2 & -1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix} \quad \text{-- pure } |\uparrow\downarrow\rangle \text{ or } |\downarrow\uparrow\rangle \text{ are not eigenstates!}$$

eigenvectors of:

$$\begin{pmatrix} -1 & 2 \\ 2 & -1 \end{pmatrix} = -\begin{pmatrix} 1 & 0 \\ 0 & 1 \end{pmatrix} + \begin{pmatrix} 0 & 2 \\ 2 & 0 \end{pmatrix} \xrightarrow{\frac{1}{\hbar^2}(1)} 2 \quad \xrightarrow{\frac{1}{\hbar^2}(-1)} -2$$

identity,
all eigenvectors

or,

$$\begin{pmatrix} 1 \\ 0 \\ 0 \\ 0 \end{pmatrix} \doteq |\uparrow, \uparrow_2\rangle \text{ evalute } \frac{\hbar^2}{4}; \quad \frac{1}{\hbar^2} \begin{pmatrix} 0 \\ 1 \\ 1 \\ 0 \end{pmatrix} \doteq \frac{1}{\hbar^2} [|\uparrow, \downarrow_2\rangle + |\downarrow, \uparrow_2\rangle] \quad \text{same eigenvalue } \frac{\hbar^2}{4}$$

$$\text{and } \begin{pmatrix} 0 \\ 0 \\ 1 \\ 1 \end{pmatrix} \doteq |\downarrow, \downarrow_2\rangle \quad \text{same eigenvalue } \frac{\hbar^2}{4} \quad \begin{matrix} \uparrow \\ -1+2 \\ =1 \end{matrix}$$

TRIPLET, $\vec{s} = \vec{s}_1 + \vec{s}_2 ; S=1$

$$\frac{1}{\hbar^2} \begin{pmatrix} 0 \\ -1 \\ 1 \\ 0 \end{pmatrix} = \frac{1}{\hbar^2} (|\uparrow, \downarrow_2\rangle - |\downarrow, \uparrow_2\rangle) \quad \text{evalute } \boxed{-3 \times \frac{\hbar^2}{4}}$$

SINGLET, $S=0$

both $|\uparrow\downarrow\rangle$ states get -1
from "classical" dot product
 ± 2 from "transitions"