

Remember, Thermodynamics

Chemistry

$$\Delta U = q + \underline{\underline{W}}$$

Work done
on the system
by the surrounding

Physics

$$\Delta U = \Delta Q - \underline{\underline{\Delta W}}$$

Work done
by the system
on the surrounding.

Sign Convention :

Heat released by the system \Rightarrow negative

Heat absorbed by the system \Rightarrow positive

Thermodynamics is not tough chapter but the basic concept including the formulas used and their applications should be very well understood and which can be achieved by practicing multiple problems (including NCERT questions, past year questions) and thoroughly revising them.