E1 Reaction Study Guide: Mastering Key Steps for Organic Chemistry Exams

In this post, we'll break down the E1 mechanism step by step—drawing especially on the treatment of E1 from textbooks. Check out other posts, and if you need more help, **consider private, affordable 1-on-1 tutoring with me!**

Overview

The E1 (substitution nucleophilic unimolecular) reaction is characterized by two distinct steps:

1) Leaving group departs from the substrate, forming a carbocation intermediate.
2) The nucleophile acts as a base and strips a hydrogen from a carbon that is "beta" to the carbocation (hence called β-elimination).
3) The lone pair on the β-carbon forms an alkene between that carbon and the carbocation.

Because the rate-determining step is dissociation of the leaving group, the overall reaction rate depends solely on the substrate concentration. This feature leads to first-order kinetics.

Key aspects include:

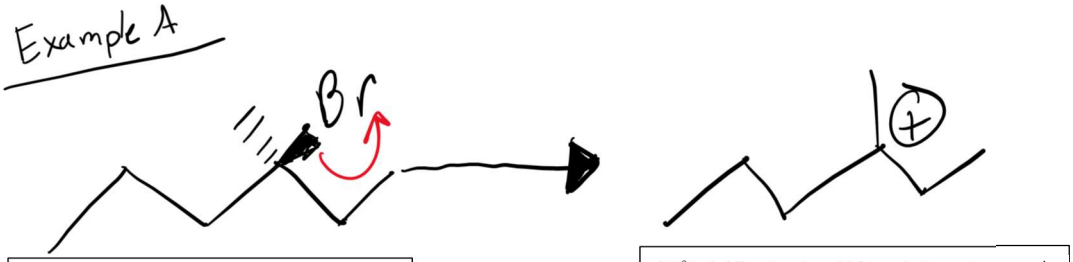
- Substrate suitability: Tertiary, allylic, or benzylic substrates are favored because the resulting carbocation is stabilized by hyperconjugation or resonance.
- Solvent effects: Polar protic solvents assist carbocation formation by stabilizing both the leaving group and the ionic intermediate.
- Stereochemical outcome: Often yields the more substituted (Zaitsev) alkene.
- Prone to rearrangements: Due to the carbocation intermediate, rearrangements may occur in order to increase stability.

Mechanism, Stereochemistry, and kinetics

Step 1: Ionization and Carbocation Formation

1. Leaving Group Departure:
   The first step involves the dissociation of the leaving group (e.g., a halide) from the substrate. This is the slow—and therefore rate-limiting—step, as it requires sufficient energy to break the carbon–leaving group bond.

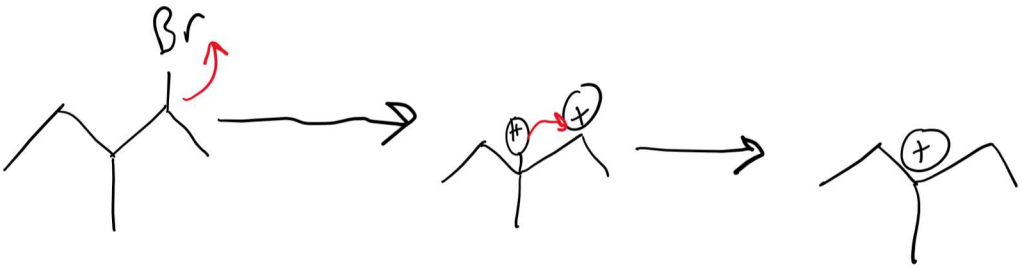
2. Carbocation Intermediate:
   Once the leaving group exits, a carbocation is formed. This intermediate is typically sp^2-hybridized and planar, thereby rendering it susceptible to nucleophilic attack from either side.



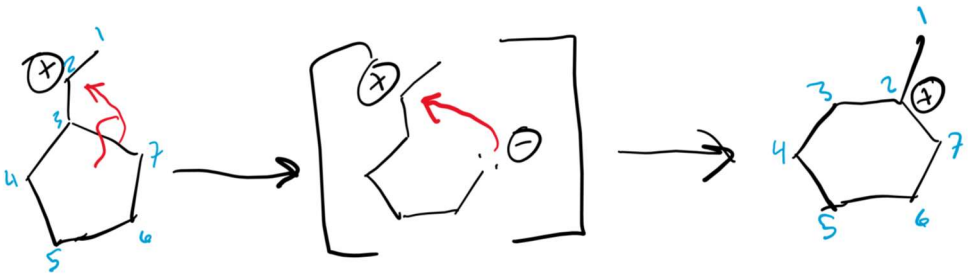
SP^3 hybridized carbon (Tetrahedral geometry)

SP^2 hybridized carbon (Trigonal planar geometry)

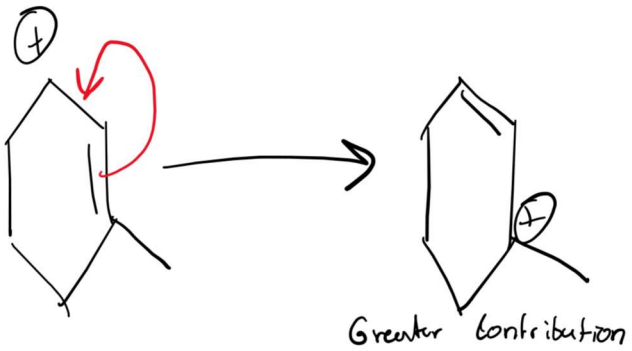
Note: In some cases, this carbocation may rearrange (via hydride or alkyl shifts) if a more stable carbocation can be generated. This is a common theme in organic chemistry. This includes the possibilities of ring expansion if the final ring is more stable due to less strain (ie cyclopentane → cyclohexane), and double bond resonance. 3 examples are shown below.



In this example, a 2˚ carbocation is initially formed. A hydride shift then occurs from a neighboring tertiary carbon, transferring the hydrogen and thereby transferring the carbocation to a 3˚ position. This is much more stable



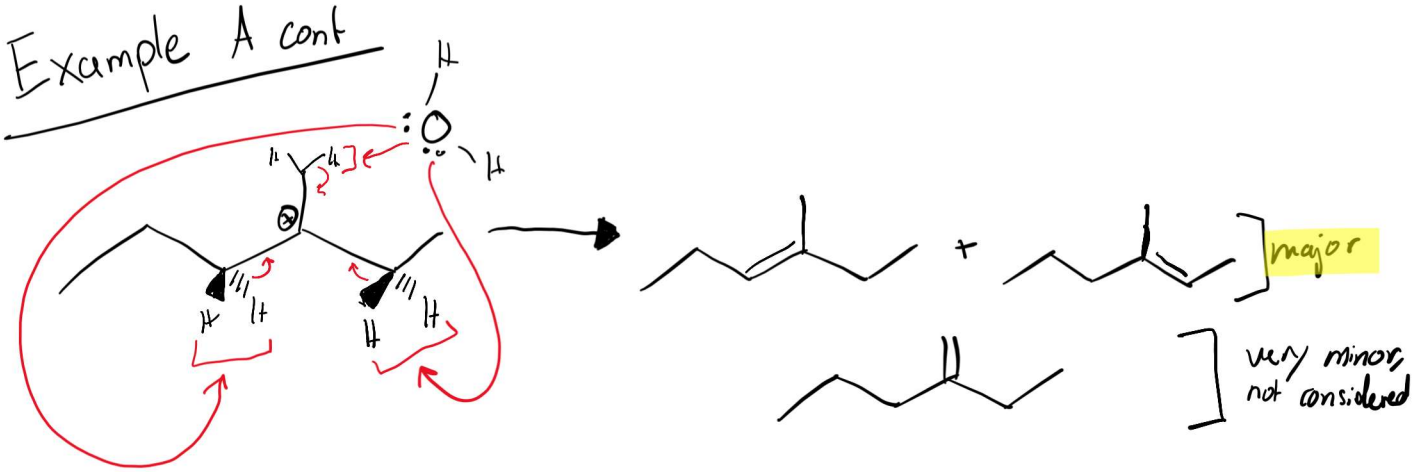
In this example, a 2˚ carbocation is initially formed. An alkyl shift then causes a change in bonding that results in the formation of a cyclohexane, which is much more stable than a cyclopentane. Notice that this is more of a driving factor in comparison to the possibility of a 3˚ carbocation formation.



In this example, a 2˚ carbocation is initially formed. The intermediate can be represented as a hybrid of the 2 structures above. The delocalization due to resonance can allow for the carbocation to become a 3˚ carbocation, which is the greater contributor due to the more stable carbocation.

Step 2: β-elimination of Hydrogen

1. Hydrogen elimination:
   The nucleophile acting as a base, which can be weak in E1 reactions since the carbocation is highly electrophilic, removes the hydrogen from a neighboring carbon.
2. Final Product Formation:
   The double bond is formed while the deprotonation occurs, resulting in the Zaitsev alkene. Because steric hinderance is not a consideration for E1, any available hydrogen can be removed, which allows selection for Zaitsev. (this becomes a more pronounced consideration in E2 reactions, which must be anti-periplanar).



In the continuation of example A from the beginning of the guide, a β-hydrogen is removed, and the lone pair is then transferred into a π-bond between the β-carbon and the carbocation. This can happen from any of the neighboring carbons that have a hydrogen available but will mainly be removed from a carbon from which the most substituted alkene (Zaitsev alkene) can be formed from.

Kinetics

First-Order Kinetics

The SN1 reaction rate follows first-order kinetics, depending only on the initial substrate. Continuing with our example A from the beginning of the guide, the reaction rate can be represented as:

$$Rate = -\frac{d[C_7H_{15}Br]}{dt} = k[C_7H_{15}Br]$$

Because the rate does not depend on the nucleophile concentration, any changes in nucleophile strength have less influence on the overall reaction rate compared to factors that stabilize or destabilize the carbocation.

Energy Diagram for SN1 reaction

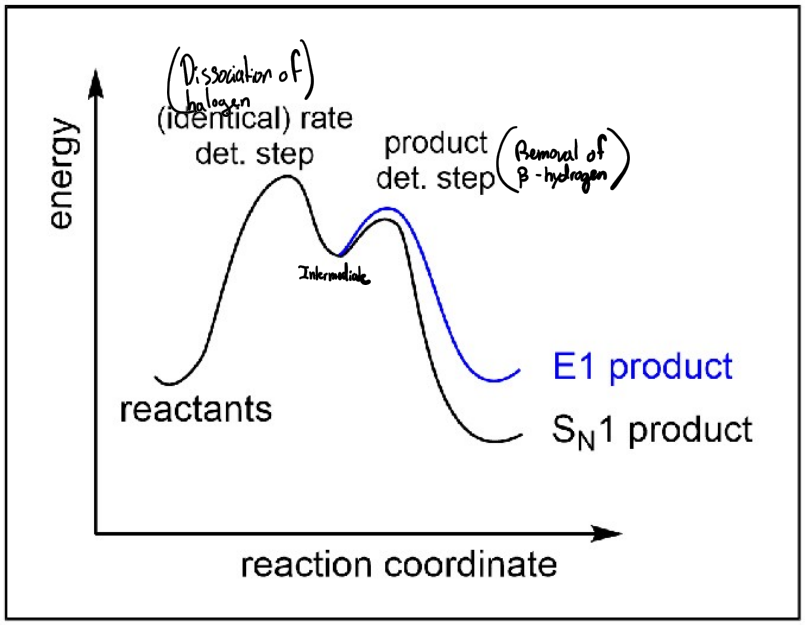


FIGURE 1: SCHMITT, CATHARINA, ET AL. "LEARNING TO THINK IN MECHANISTIC ALTERNATIVES: SN1 VS. E1 AND THE GIBBS-HELMHOLTZ EQUATION." WORLD JOURNAL OF CHEMICAL EDUCATION, VOL. 7, NO. 2, 2019, PP. 102-08. DOI:10.12691/WJCE-7-2-10

This example above is adapted from the paper cited below the figure and can by searching for that citation. Notice how in these unimolecular reactions, the reaction can split paths between SN1 and E1. We first have the largest energy barrier to overcome, which is the dissociation of the halogen from the carbon structure. You can see why this is the slowest, rate-limiting set. After that, the intermediate is formed. The second energy barrier is the bond formed during removal of the β-Hydrogen, after which, we can see the structure become much more stable (drop in energy).

I want you to also notice and understand the energy difference between the E1 and SN1 reactions and product. The E1 product requires a larger activation energy, which heat can help in overcoming. Hence why heating increases the proportion of E1 products compared to SN1. At room temperature, the SN1 product is

favored. The E1 product remains at a higher potential energy (less stable) than the SN1 product. This is due to the fact that the π-bond in the E1 product is reactive and susceptible to addition, oxidation, and reduction reactions. (which we break down another posts).

Familiarize yourself with these kinds of diagrams in organic chemistry, as I have seen exam questions that ask to match reactions to their diagrams or certain structures formed during the reaction to their respective places in the diagram.

Factors Influencing E1

- Substrate Structure:
  Tertiary substrates are ideal due to their ability to stabilize the positive charge through hyperconjugation. Secondary substrates may also undergo E1 under some conditions. substrates rarely undergo E1 because carbocations are too unstable.
- Leaving Group Ability:
  A good leaving group lowers the activation energy for carbocation formation. Halides like iodide or bromide are common leaving groups in E1 reactions.
- Solvent Effects:
  Polar protic solvents (e.g., water, alcohols) help stabilize both the carbocation and the leaving group via solvation, thereby accelerating the reaction.
- Heat:
  Increasing the temperature gradually increases the proportion of E1 in comparison to the SN1 product.

Quick Recap

SN1 in a Nutshell

- *Mechanism*: 2-step → leaving group leaves, carbocation forms, β-Hydrogen is removed and the lone pair forms a π-bond with carbocation.
- *Rate*: First-order (depends on substrate only)
- *Stereochemistry*: forms the Zaitsev alkene.
- *Carbocation rearrangement*: Common (for stability)

When is SN1 best?

✓ Tertiary → Ideal (best carbocation stability)

✓ Secondary → Possible (Consider resonance, nucleophile strength, and solvent)

✗ Primary → Rare (unstable carbocation)

✓ Polar protic Solvent → Ions stabilized

✗Polar Aprotic Solvent → Ions not stabilized

✓ Nucleophile is not too strong and charged

✗ Nucleophile is strong and charged → Will likely progress as SN2 or E2 under some conditions.

Please remember that SN1 and E1 will always be in competition and often you will get both products in appreciable yields, but we can change these by changing the temperature of the reaction. SN1 is discussed in another post. Review it as well to get a better grasp of this chapter of organic chemistry!

Conclusion

As a final word, remember that the best way to master concepts and reactions is by truly understanding why and how they occur. Remember stability. Understand that the stability of the intermediate will energetically allow for the mechanism to go through easier, and the idea that naturally, structures will form more stable structures. While you go over the mechanism, look at the energy diagrams and begin to identify where you are in the mechanism. This will condition you to view the reactions from that perspective and allow you to rationalize changes that may occur upon changes to reaction conditions. This will help beyond just the reaction summarized here.

To prepare for exams, do many practice problems that are varied. We will have practice problems uploaded here. Also, we have created an SN1/SN2/E1/E2 roadmap that you can download to help with studying.

Finally, whether you are taking organic chemistry as part of a core curriculum or just as a prerequisite for graduate school, consider becoming a tutoring student. Spots are limited in order to guarantee quality tutoring for each student and their specific needs. Head over to availability or just contact me so that we can set up a call and discuss tutoring. Good luck!