

$$\frac{\Delta T}{\Delta t} = \frac{1}{k} \frac{\Delta q}{\Delta t} + \frac{1}{k} \frac{\Delta p}{\Delta t}$$

<i>Total temp Change Experienced by Air Parcel</i>	<i>Diabatic Change Experienced by Air Parcel</i>	<i>Adiabatic Change Experienced by Air Parcel</i>
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$$\frac{1}{k} \frac{\Delta p}{\Delta t} = \Gamma_a = -1^{\circ}C/100 \text{ m} = -5.5^{\circ}F/1000 \text{ ft}$$