

			1s	2s	2p
Lithium	Li	$1s^2 2s^1$	↑ ↓	↑	
Beryllium	Be	$1s^2 2s^2$	↑ ↓	↑ ↓	
Boron	B	$1s^2 2s^2 2p^1$	↑ ↓	↑ ↓	↑
Carbon	C	$1s^2 2s^2 2p^2$	↑ ↓	↑ ↓	↑ ↑
Nitrogen	N	$1s^2 2s^2 2p^3$	↑ ↓	↑ ↓	↑ ↑ ↑
Oxygen	O	$1s^2 2s^2 2p^4$	↑ ↓	↑ ↓	↑ ↓ ↑ ↑
Fluorine	F	$1s^2 2s^2 2p^5$	↑ ↓	↑ ↓	↑ ↓ ↑ ↓ ↑
Neon	Ne	$1s^2 2s^2 2p^6$	↑ ↓	↑ ↓	↑ ↓ ↑ ↓ ↑ ↓