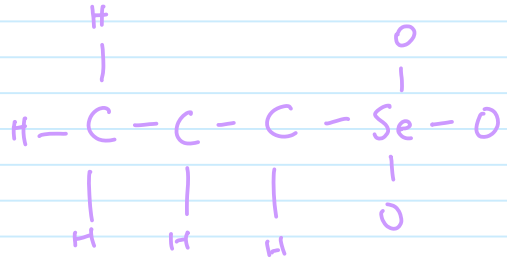
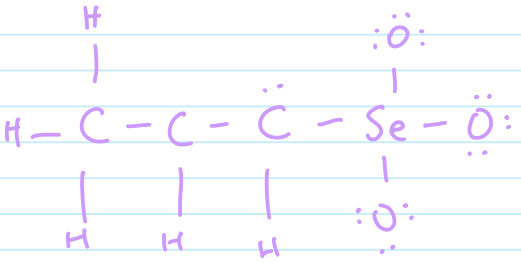
C3H5SeO3[-]

$C_3H_5SeO_3^-$ T = 42

T = 3(4) + 5 + 6 + 3(6) + 1 = 12 + 11 + 18 + 1
= 23 + 19 = 42

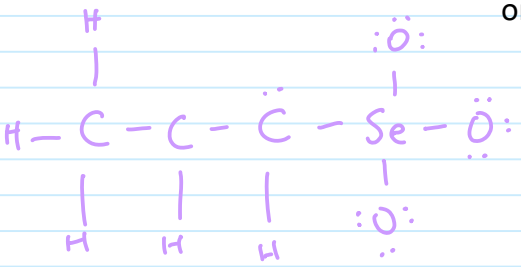


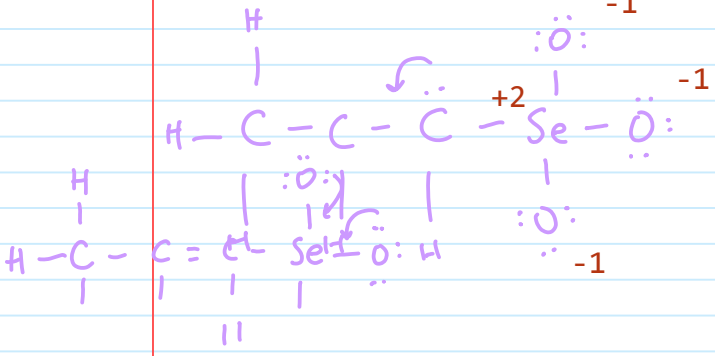
42 - 2(11) = 42 - 22
= 20



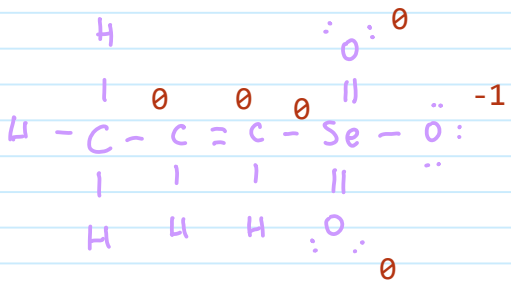
20 - 3(6) = 2

missing octet
on the 2nd Carbon





FC(Se) = 6-4 = 2, horrible FC
I'd like to b able to remove 2 more bonds for Se so that I get a zero FC. Thus Se should have two more bonds.
Let two of the oxygens each share one more bond. This also fixes the FC = -1 on those oxygens improving the arrangement even further.



(reorient the molecule a bit)

FC(Se) = 6-6 = 0

Why can Se hold 6 bonds? Compare to Oxygen that can only have 2 bonds.

Se has a larger bond capacity than oxygen for ex. which is above it in the periodic table, b/c it is in the fourth shell, so it can have a max of 6 bonds based on its valence.

This is because it has unoccupied d-orbitals which allows each of the 6 valence electrons to reside alone in s, p, and the extra d-orbitals that can be half-occupied. These total to 1+3+5=9 such orbitals, more than enough for the 6 valence e- to become loners in their own orbital.