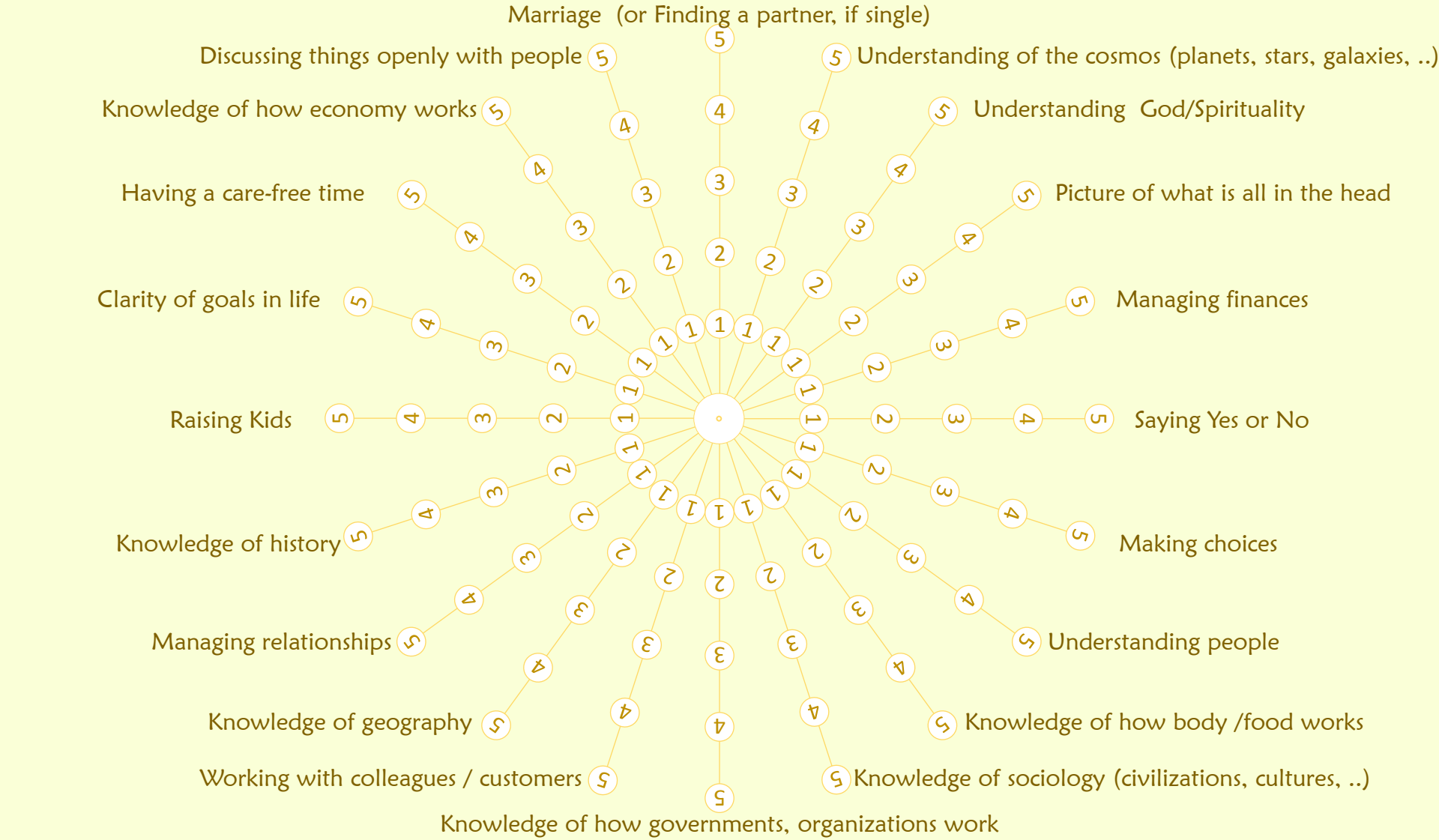Self-Assessment