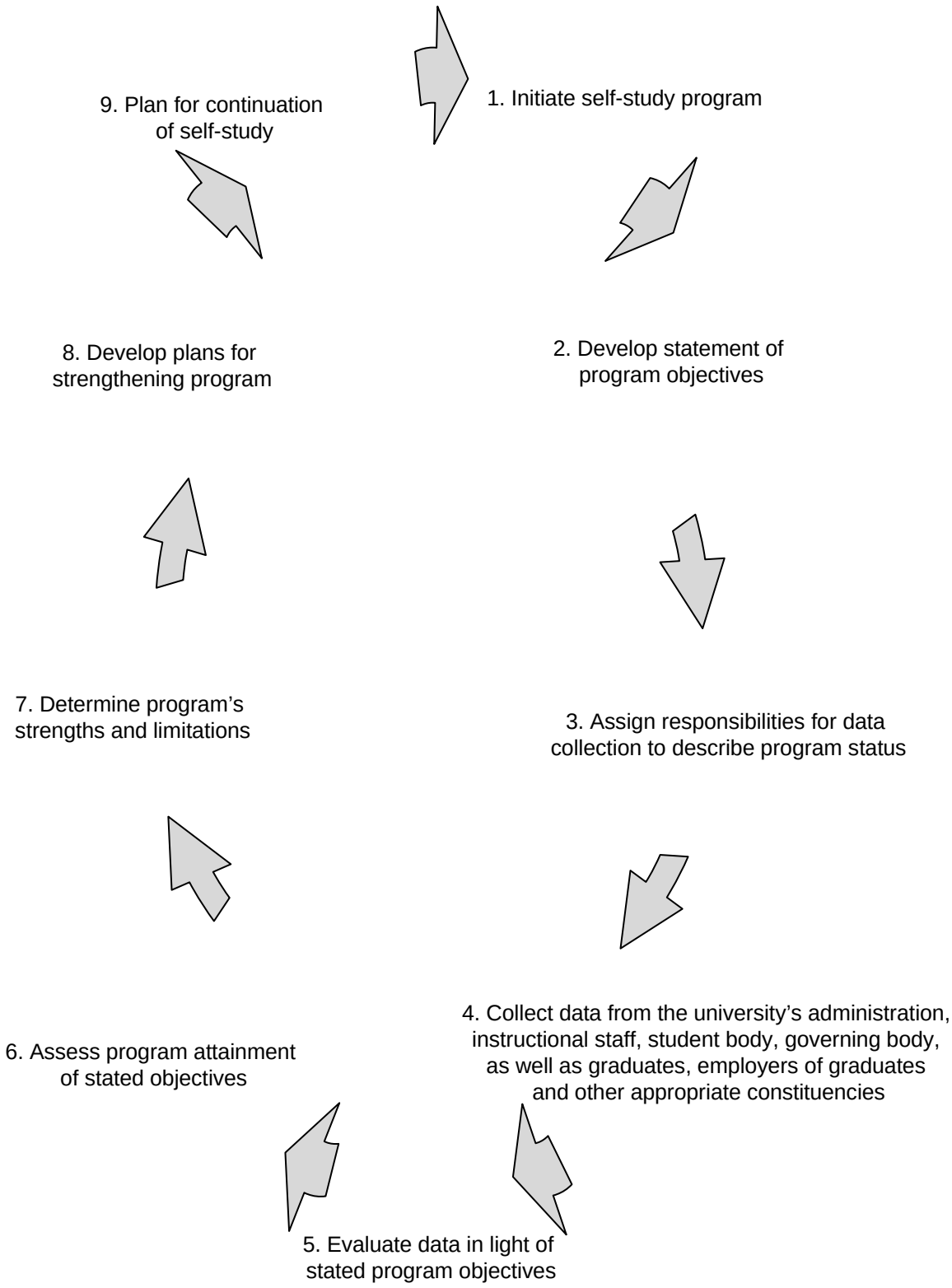Suggested Flow Chart for Self-Study