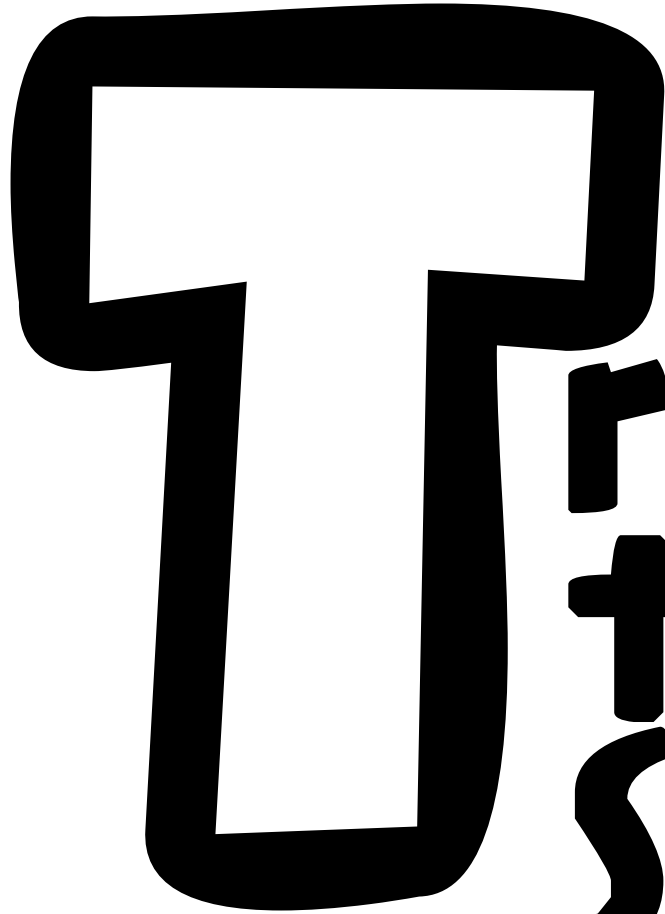


**Sit up**



**Track  
the  
Speaker**



**A**

**sk and  
answer  
questions  
like a  
scholar**



**R**

**Respect  
those  
around  
you**