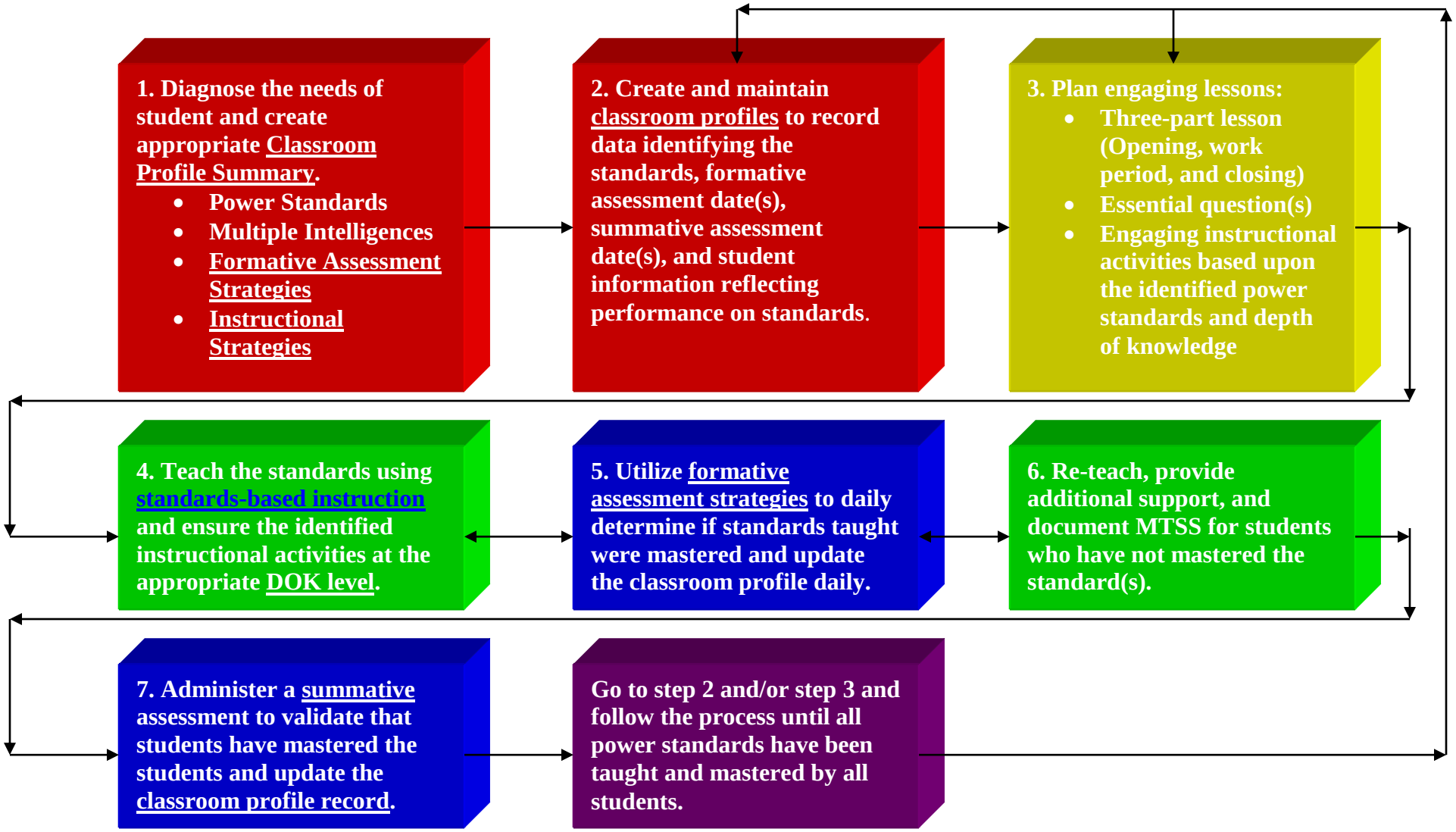# The Seven Steps for Teaching and Learning