

Schools ITQ Level 3 - Unit 13 - Using E-mail (Platinum Unit 13)

[BACK TO SCHOOLS ITQ](#) [1]

[Handbook home page](#) [2]

- [General guidance for interpreting OCF qualification levels](#) [3]
- [Link to assessor's guide to interpreting the criteria for this unit](#) [4]
- Click on the links in the table below for specific guidance on the assessment criteria.
- National Strategies [APP criteria](#) [5].
- References to [personal learning and thinking skills \(PLTS\)](#) [6]

Level 3, Unit 13 - Using Email (3 credits)

1. 1. Use e-mail software tools and techniques to compose and send messages

[1.1 I can select and use software tools to compose and format e-mail messages, including attachments](#) [7]

[1.2 I can explain methods to improve message transmission](#) [9]

[1.3 I can send e-mail messages to individuals and groups](#) [11]

[1.4 I can explain why and how to stay safe and respect others when using e-mail](#) [13]

[1.5 I can use an address book to manage contact information](#) [15]

2. 2. Manage use of e-mail software effectively

[2.1 I can develop and communicate guidelines and procedures for using e-mail effectively](#) [8]

[2.2 I can read and respond appropriately to e-mail messages and attachments](#) [10]

[2.3 I can use email software tools and techniques to automate responses](#) [12]

[2.4 I can explain why, how and when to archive messages](#) [14]

[2.5 I can organise, store and archive e-mail messages effectively](#) [16]

[2.6 I can customise e-mail software to make it easier to use](#) [17]

[2.7 I can explain how to minimise e-mail problems](#) [18]

[2.8 I can respond appropriately to email problems](#) [19]

Links to ITQ units

Entry Level	Level 1	Level 2	Level 3
Entry Level 1. Unit R - Registration [21]	Level 1. Unit R - Registration [22]	Level 2. Unit R - Registration [23]	Level 3. Unit R - Registration [24]
Entry Level 1. Unit 1 - Improving Productivity Using IT (1 credit) [25]	Level 1. Unit 1 - Improving Productivity Using IT (3 credits) [26]	Level 2. Unit 1 - Improving Productivity Using IT (4 credits) [27]	Level 3. Unit 1 - Improving Productivity Using IT (5 credits) [28]
Entry Level 1. Unit 2 - Using ICT to Select and Exchange Information (2 credits) [29]	Level 1. Unit 2 - Website Software (3 credits) [30]	Level 2. Unit 2 - Website Software (4 credits) [31]	Level 3. Unit 2 - Website Software (5 credits) [32]
Entry Level 1. Unit 3 - Online Basics (2 credits) [33]	Level 1. Unit 3 - Using Collaborative Technologies (3 credits) [34]	Level 2. Unit 3 - Using Collaborative Technologies (4 credits) [35]	Level 3. Unit 3 - Using Collaborative Technologies (6 credits) [36]
Entry Level 1. Unit 4 - Desktop Publishing Software (2 credits) [37]	Level 1. Unit 4 - IT Security for Users (1 credit) [38]	Level 2. Unit 4 - IT Security for Users (2 credits) [39]	Level 3. Unit 4 - IT Security for Users (3 credits) [40]
Entry Level 1. Unit 5 - Safe Working Practices (2 credits) [41]	Level 1. Unit 5 - Spreadsheet Software (3 credits) [42]	Level 2. Unit 5 - Spreadsheet Software (4 credits) [43]	Level 3. Unit 5 - Spreadsheet Software (6 credits) [44]
Entry Level 1. Unit 6 - Using ICT in the Workplace (2 credits) [45]	Level 1. Unit 6 - Specialist Software (2 credits) [46]	Level 2. Unit 6 - Specialist software (3 credits) [47]	Level 3. Unit 6 - Specialist Software (4 credits) [48]
Entry Level 1. Unit 7 - Imaging software (2 credits) [49]	Level 1. Unit 7 - Word Processing (3 credits) [50]	Level 2. Unit 7 - Word processing (4 credits) [51]	Level 3. Unit 7 - Word Processing Software (6 credits) [52]
Entry Level 1. Unit 8 - Using ICT Equipment in a Work Place (2 credits) [53]	Level 1. Unit 8 - Using the Internet (3 credits) [54]	Level 2. Unit 8 - Using the internet (4 credits) [55]	Level 3. Unit 8 - Using the Internet (5 credits) [56]

Schools ITQ Level 3 - Unit 13 - Using E-mail (Platinum Unit 13)

-->

Entry Level 1, Unit 9 - Using Word Processing Software (2 credits) [57]	Level 1, Unit 9 - Drawing and planning (2 credits) [58]	Level 2, Unit 9 - Drawing and planning (3 credits) [59]	Level 3, Unit 9 - Drawing and Planning Software (4 credits) [60]
Entry Level 1, Unit 11 - Audio and Video Software (2 credits) [61]	Level 1, Unit 10 - Presentation Software (3 credits) [62]	Level 2, Unit 10 - Presentation software (4 credits) [63]	Level 3, Unit 10 - Presentation Software (6 credits) [64]
Entry Level 1, Unit 12 - Presentation Software (2 credits) [65]	Level 1, Unit 11 - Database Software (3 credits) [66]	Level 2, Unit 11 - Database software (4 credits) [67]	Level 3, Unit 11 - Database Software (6 credits) [68]
Entry Level 1, Unit 13 - Computer Games Development (2 credits) [69]	Level 1, Unit 12 - Desktop Publishing Software (3 credits) [70]	Level 2, Unit 12 - Desktop Publishing Software (4 credits) [71]	Level 3, Unit 12 - Desktop Publishing Software (5 credits) [72]
Entry Level 1, Unit 14 - Video Communication (2 credits) [73]	Level 1, Unit 13 - Using Email (2 credits) [74]	Level 2, Unit 13 - Using Email (3 credits) [75]	Level 3, Unit 13 - Using Email (3 credits) [76]
Entry Level 1, Unit 29 - Understand social media (2 credits) [77]	Level 1, Unit 14 - Audio Software (2 credits) [78]	Level 2, Unit 14 - Audio Software (3 credits) [79]	Level 3, Unit 14 - Audio Software (4 credits) [80]
Entry Level 2, Unit R - Registration [81]	Level 1, Unit 15 - Imaging Software (3 credits) [82]	Level 2, Unit 15 - Imaging Software (4 credits) [83]	Level 3, Unit 15 - Imaging Software (5 credits) [84]
Entry Level 2, Unit 1 - Improving Productivity Using IT (2 credits) [85]	Level 1, Unit 16 - IT Communication Fundamentals (2 credits) [86]	Level 2, Unit 16 - IT Communication Fundamentals (2 credits) [87]	Level 3, Unit 17 - Video Software (4 credits) [88]
Entry Level 2, Unit 2 - Using ICT to Select and Exchange Information (2 credits) [89]	Level 1, Unit 17 - Video Software (2 credits) [90]	Level 2, Unit 17 - Video Software (3 credits) [91]	Level 3, Unit 23 - Multimedia Software (6 credits) [92]
Entry Level 2, Unit 3 - Online Basics (2 credits) [93]	Level 1, Unit 18 - IT Software Fundamentals (3 credits) [94]	Level 2, Unit 18 - IT Software Fundamentals (3 credits) [95]	Level 3, Unit 24 - Additive Manufacture (6 credits) [96]
Entry Level 2, Unit 4 - Online Basics (2 credits) [97]	Level 1, Unit 19 - IT Software Fundamentals (3 credits) [98]	Level 2, Unit 19 - IT Software Fundamentals (3 credits) [99]	Level 3, Unit 27 - Additive Manufacture (6 credits) [100]

Schools ITQ Level 3 - Unit 13 - Using E-mail (Platinum Unit 13)

-->

Unit 4 -Desktop Publishing Software (2 credits) [97]	IT User Fundamentals (3 credits) [98]	IT User Fundamentals (3 credits) [99]	Design Software (5 credits) [100]
Entry Level 2. Unit 5 - Using ICT: Safe Working Practices (1 credit) [101]	Level 1, Unit 20 - Using Mobile IT Devices (2 credits) [102]	Level 2, Unit 20 - Using Mobile IT Devices (2 credits) [103]	Level 3, Unit 28 - Optimise IT System Performance (5 credits) [104]
Entry Level 2. Unit 6 - Using ICT in the Workplace (3 credits) [105]	Level 1, Unit 21 - Data Management Software (2 credits) [106]	Level 2, Unit 21 - Data Management Software (3 credits) [107]	Level 3, Unit 29 - Set Up an IT System (5 credits) [108]
Entry Level 2. Unit 7 - Imaging software (2 credits) [109]	Level 1, Unit 22- Understanding the social and environmental impact of architecture and construction (3 credits) [110]	Level 2, Unit 22 -Understanding the social and environmental impact of architecture and construction (4 credits) [111]	Level 3, Unit 32 - Computerised Accounting Software (5 credits) [112]
Entry Level 2. Unit 8 - Using ICT Equipment in a Work Place (2 credits) [113]	Level 1, Unit 23 - Multimedia Software (3 credits) [114]	Level 2, Unit 23 - Multimedia Software (4 credits) [115]	Level 3, Unit 33 - Application Development Using Project Management Methods (6 credits) [116]
Entry Level 2. Unit 9 - Using Word Processing Software (2 credits) [117]	Level 1, Unit 24 - Additive Manufacture (3 credits) [118]	Level 2, Unit 24 - Additive Manufacture (3 credits) [119]	Level 3, Unit 37 - Internet of Things (6 credits) [120]
Entry Level 2. Unit 10 - ICT for Employment (1 credit) [121]	Level 1, Unit 25 - Developing Computer Games and Puzzles (4 credits) [122]	Level 2, Unit 25 - Developing Computer Games and Puzzles (4 credits) [123]	Level 3, Unit 40 - Cloud Based Services and Applications (5 credits) [124]
Entry Level 2. Unit 11 - Audio and Video Software (2 credits) [125]	Level 1, Unit 26 - Computer Games Development (3 credits) [126]	Level 2, Unit 26 - Computer Games Development (4 credits) [127]	Level 3, Unit 41 - Cloud Based Systems and Security (5 credits) [128]
Entry Level 2. Unit 12 - Presentation Software (2 credits) [129]	Level 1, Unit 27 - Design Software (3 credits) [130]	Level 2, Unit 27 - Design Software (4 credits) [131]	Level 3, Unit 42 - Undertaking a RealWorld Project (5 credits) [132]

Entry Level 2, Unit 14 - Video Communication (2 credits) [133]	Level 1, Unit 28 - Optimise IT System Performance (2 credits) [134]	Level 2, Unit 28 - Optimise IT System Performance (4 credits) [135]	Level 3, Unit 44 - Bespoke Software (4 credits) [136]
Entry Level 2, Unit 16 - Using Collaborative Technologies (2 credits) [137]	Level 1, Unit 29 - Set Up an IT System (3 credits) [138]	Level 2, Unit 29 - Set Up an IT System (4 credits) [139]	Level 3, Unit 57 - Networking Fundamentals (5 credits) [140]
Entry Level 2, Unit 26 - Computer Games Development (2 credits) [141]	Level 1, Unit 30 - CAD (3 credits) [142]	Level 2, Unit 30 - CAD (3 credits) [143]	Level 3, Unit 60 - Cisco CCNA 1 - Introduction to Networks (6 credits) [144]
Entry Level 2, Unit 29 - Understand social media (2 credits) [145]	Level 1, Unit 31 - Internet Safety for IT users (3 credits) [146]	Level 2, Unit 32 - Computerised Accounting Software (3 credits) [147]	Level 3, Unit 61 - Cisco CCNA 2 - Routing and Switching (6 credits) [148]
Entry Level 2, Unit 32 - Website Software (2 credits) [149]	Level 1, Unit 32 - Computerised Accounting Software (2 credits) [150]	Level 2, Unit 33 - Application Development Using Project Management Methods (4 credits) [151]	Level 3, Unit 62 - Cisco CCNA 3 - Scaling Networks (6 credits) [152]
Entry Level 2, Unit 36 - Specialist Software (2 credits) [153]	Level 1, Unit 36 - Financial Modelling (3 credits) [154]	Level 2, Unit 34 - Developing skills for project management (4 credits) [155]	Level 3, Unit 63 - Cisco CCNA 4 - Connecting Networks (6 credits) [156]
Entry Level 3, Unit R - Registration [157]	Level 1, Unit 38 - Animation Software (3 credits) [158]	Level 2, Unit 35 - Using Project Management Software (4 credits) [159]	Level 3, Unit 64 - Cisco - CCNA Security (6 credits) [160]
Entry Level 3, Unit 1 - Improving Productivity Using IT (3 credits) [161]	Level 1, Unit 39 - Digital Art (3 credits) [162]	Level 2, Unit 38 - Animation Software (4 credits) [163]	Level 3, Unit 65 - Cisco - CyberSecurity Essentials (6 credits) [164]
Entry Level 3, Unit 2 - Online Basics (1 credit) [165]	Level 1, Unit 43 - E-safety for learners (2 credits) [166]	Level 2, Unit 39 - Digital Art (4 credits) [167]	Level 3, Unit 66 - Cisco - IT Essentials (6 credits) [168]
Entry Level 3, Unit 3 - Desktop [169]	Level 1, Unit 50 - Developing skills [170]	Level 2, Unit 43 - E-safety for [171]	Level 3, Unit 67 - Cisco - [172]

Publishing Software (2 credits) [169]	for remote working (3 credits) [170]	learners (3 credits) [171]	Networking Essentials (6 credits) [172]
Entry Level 3. Unit 4 - Displaying Information Using ICT (3 credits) [173]	Level 1. Unit 51 - Effectiveness communication using remote systems (4 credits) [174]	Level 2. Unit 50 - Developing skills for remote working (3 credits) [175]	
Entry Level 3. Unit 5 - Using ICT to Find Information (3 credits) [176]	Level 1. Unit 102 - Digital Editing and Publishing (4 credits) [177]	Level 2. Unit 51 - Effectiveness communication using remote systems (4 credits) [178]	
Entry Level 3. Unit 6 - Communicating Information Using ICT (3 credits) [179]	Level 1. Unit 103 - Digital Modelling (4 credits) [180]	DELLevel 2. Unit 70 - Understanding of Cyber Security and Online Threats (3 credits) [181]	
Entry Level 3. Unit 7 - Producing Charts Using ICT (3 credits) [182]	Level 1. Unit 105 - Digital Design and Graphics (4 credits) [183]	DELLevel 2. Unit 71 - Analysing and Evaluating Cyber Threats (3 credits) [184]	
Entry Level 3. Unit 8 - IT Security for users (1 credit) [185]		DELLevel 2. Unit 72 - Applying and Deploying Security Tools and Best Practice (3 credits) [186]	
Entry Level 3. Unit 10 - Presentation software (2 credits) [187]		DELLevel 2. Unit 73 - Extended Project: Securing and Defending Online Systems (6 credits) [188]	
Entry Level 3. Unit 14 - Audio and Video Software (2 credits) [189]		Level 2. Unit 80 - Digital Tools and Best Practice for Project Management (5 credits) [190]	
Entry Level 3. Unit 15 - Imaging Software (2 credits) [191]		Level 2. Unit 81 - Digital Safety and Security Policies and Procedures (4	

[credits](#)) [192]

[Entry Level 3,
Unit 16 - Using
Collaborative
Technologies \(3
credits\)](#) [193]

[Level 2, Unit 82 -
Digital Editing and
Publishing \(3
credits\)](#) [194]

[Entry Level 3,
Unit 20 -
Introduction to
Using mobile IT
devices \(2 credits\)](#)
[195]

[Level 2, Unit 83 -
Digital Design and
Graphics \(3
credits\)](#) [196]

[Entry Level 3,
Unit 23 -
Multimedia
Software \(2
credits\)](#) [197]

[Level 2, Unit 84 -
Digital Modelling
and Data
Management \(3
credits\)](#) [198]

[Entry Level 3,
Unit 25 -
Developing
Computer Games
and Puzzles \(3
credits\)](#) [199]

[Level 2, Unit 85 -
Virtual Reality and
the Development
Life Cycle \(4
credits\)](#) [200]

[Entry Level 3,
Unit 26 -
Computer Games
Development \(3
credits\)](#) [201]

[Entry Level 3,
Unit 28 - Personal
information
management
software \(1 credit\)](#)
[202]

[Entry Level 3,
Unit 32 - Website
Software \(2
credits\)](#) [203]

[Entry Level 3,
Unit 36 - Specialist
Software \(2
credits\)](#) [153]

Source URL: <https://theingots.org/community/SIL3U13>

Links

- [1] https://theingots.org/community/ITQ_unit_development
- [2] <https://theingots.org/community/handbook2>
- [3] https://theingots.org/community/QCF_levels
- [4] <https://theingots.org/community/SIL2U1X>
- [5] <http://nationalstrategies.standards.dcsf.gov.uk/focuses/959/861/110166>
- [6] <http://curriculum.qcda.gov.uk/key-stages-3-and-4/skills/plts/planning-for-plts/index.aspx>
- [7] <https://theingots.org/community/sil3u13x#1.1>
- [8] <https://theingots.org/community/sil3u13x#2.1>
- [9] <https://theingots.org/community/sil3u13x#1.2>
- [10] <https://theingots.org/community/sil3u13x#2.2>
- [11] <https://theingots.org/community/sil3u13x#1.3>
- [12] <https://theingots.org/community/sil3u13x#2.3>
- [13] <https://theingots.org/community/sil3u13x#1.4>
- [14] <https://theingots.org/community/sil3u13x#2.4>
- [15] <https://theingots.org/community/sil3u13x#1.5>
- [16] <https://theingots.org/community/sil3u13x#2.5>
- [17] <https://theingots.org/community/sil3u13x#2.6>
- [18] <https://theingots.org/community/sil3u13x#2.7>
- [19] <https://theingots.org/community/sil3u13x#2.8>
- [20] <https://theingots.org/community/sil3u13i>
- [21] <https://theingots.org/community/siel1u0reg>
- [22] <https://theingots.org/community/sil1u0reg>
- [23] <https://theingots.org/community/sil2u0reg>
- [24] <https://theingots.org/community/sil3u0reg>
- [25] <https://theingots.org/community/siel1u1>
- [26] <https://theingots.org/community/sil1u1>
- [27] <https://theingots.org/community/sil2u1>
- [28] <https://theingots.org/community/sil3u1>
- [29] <https://theingots.org/community/siel1u2>
- [30] <https://theingots.org/community/sil1u2>
- [31] <https://theingots.org/community/sil2u2>
- [32] <https://theingots.org/community/sil3u2>
- [33] <https://theingots.org/community/siel1u3>
- [34] <https://theingots.org/community/sil1u3>
- [35] <https://theingots.org/community/sil2u3>
- [36] <https://theingots.org/community/sil3u3>
- [37] <https://theingots.org/community/siel1u4>
- [38] <https://theingots.org/community/sil1u4>
- [39] <https://theingots.org/community/sil2u4>
- [40] <https://theingots.org/community/sil3u4>
- [41] <https://theingots.org/community/siel1u5>
- [42] <https://theingots.org/community/sil1u5>
- [43] <https://theingots.org/community/sil2u5>
- [44] <https://theingots.org/community/sil3u5>
- [45] <https://theingots.org/community/siel1u6>
- [46] <https://theingots.org/community/sil1u6>
- [47] <https://theingots.org/community/sil2u6>
- [48] <https://theingots.org/community/sil3u6>
- [49] <https://theingots.org/community/siel1u7>
- [50] <https://theingots.org/community/sil1u7>
- [51] <https://theingots.org/community/sil2u7>
- [52] <https://theingots.org/community/sil3u7>
- [53] <https://theingots.org/community/siel1u8>
- [54] <https://theingots.org/community/sil1u8>
- [55] <https://theingots.org/community/sil2u8>
- [56] <https://theingots.org/community/sil3u8>

[57] <https://theingots.org/community/siel1u9>
 [58] <https://theingots.org/community/sil1u9>
 [59] <https://theingots.org/community/sil2u9>
 [60] <https://theingots.org/community/sil3u9>
 [61] <https://theingots.org/community/siel1u11>
 [62] <https://theingots.org/community/sil1u10>
 [63] <https://theingots.org/community/sil2u10>
 [64] <https://theingots.org/community/sil3u10>
 [65] <https://theingots.org/community/siel1u12>
 [66] <https://theingots.org/community/sil1u11>
 [67] <https://theingots.org/community/sil2u11>
 [68] <https://theingots.org/community/sil3u11>
 [69] <https://theingots.org/community/siel1u13>
 [70] <https://theingots.org/community/sil1u12>
 [71] <https://theingots.org/community/sil2u12>
 [72] <https://theingots.org/community/sil3u12>
 [73] <https://theingots.org/community/siel1u14>
 [74] <https://theingots.org/community/sil1u13>
 [75] <https://theingots.org/community/sil2u13>
 [76] <https://theingots.org/community/sil3u13>
 [77] <https://theingots.org/community/siel1u29>
 [78] <https://theingots.org/community/sil1U14>
 [79] <https://theingots.org/community/sil2u14>
 [80] <https://theingots.org/community/sil3u14>
 [81] <https://theingots.org/community/siel2u0reg>
 [82] <https://theingots.org/community/sil1u15>
 [83] <https://theingots.org/community/sil2u15>
 [84] <https://theingots.org/community/sil3u15>
 [85] <https://theingots.org/community/siel2u1>
 [86] <https://theingots.org/community/sil1u16>
 [87] <https://theingots.org/community/sil2u16>
 [88] <https://theingots.org/community/sil3u17>
 [89] <https://theingots.org/community/siel2u2>
 [90] <https://theingots.org/community/sil1u17>
 [91] <https://theingots.org/community/sil2u17>
 [92] <https://theingots.org/community/sil3u23>
 [93] <https://theingots.org/community/siel2u3>
 [94] <https://theingots.org/community/sil1u18>
 [95] <https://theingots.org/community/sil2u18>
 [96] <https://theingots.org/community/sil3u24>
 [97] <https://theingots.org/community/siel2u4>
 [98] <https://theingots.org/community/sil1u19>
 [99] <https://theingots.org/community/sil2u19>
 [100] <https://theingots.org/community/sil3u27>
 [101] <https://theingots.org/community/siel2u5>
 [102] <https://theingots.org/community/sil1u20>
 [103] <https://theingots.org/community/sil2u20>
 [104] <https://theingots.org/community/sil3U28>
 [105] <https://theingots.org/community/siel2u6>
 [106] <https://theingots.org/community/sil1u21>
 [107] <https://theingots.org/community/sil2u21>
 [108] <https://theingots.org/community/sil3u29>
 [109] <https://theingots.org/community/siel2u7>
 [110] <https://theingots.org/community/sil1u22>
 [111] <https://theingots.org/community/sil2u22>
 [112] <https://theingots.org/community/sil3u32>
 [113] <https://theingots.org/community/siel2u8>
 [114] <https://theingots.org/community/sil1u23>
 [115] <https://theingots.org/community/sil2u23>

[116] <https://theingots.org/community/sil3u33>
 [117] <https://theingots.org/community/siel2u9>
 [118] <https://theingots.org/community/sil1u24>
 [119] <https://theingots.org/community/sil2u24>
 [120] <https://theingots.org/community/sil3u37>
 [121] <https://theingots.org/community/siel2u10>
 [122] <https://theingots.org/community/sil1u25>
 [123] <https://theingots.org/community/sil2u25>
 [124] <https://theingots.org/community/sil3u40>
 [125] <https://theingots.org/community/siel2u11>
 [126] <https://theingots.org/community/sil1u26>
 [127] <https://theingots.org/community/sil2u26>
 [128] <https://theingots.org/community/sil3u41>
 [129] <https://theingots.org/community/siel2u12>
 [130] <https://theingots.org/community/sil1u27>
 [131] <https://theingots.org/community/sil2u27>
 [132] <https://theingots.org/community/sil3u42>
 [133] <https://theingots.org/community/siel2u14>
 [134] <https://theingots.org/community/sil1u28>
 [135] <https://theingots.org/community/sil2u28>
 [136] <https://theingots.org/community/sil3u44>
 [137] <https://theingots.org/community/siel2u16>
 [138] <https://theingots.org/community/sil1u29>
 [139] <https://theingots.org/community/sil2u29>
 [140] <https://theingots.org/community/sil3u57>
 [141] <https://theingots.org/community/siel2u26>
 [142] <https://theingots.org/community/sil1u30>
 [143] <https://theingots.org/community/sil2u30>
 [144] <https://theingots.org/community/sil3u60>
 [145] <https://theingots.org/community/siel2u29>
 [146] <https://theingots.org/community/sil1u31>
 [147] <https://theingots.org/community/sil2u32>
 [148] <https://theingots.org/community/sil3u61>
 [149] <https://theingots.org/community/siel2u32>
 [150] <https://theingots.org/community/sil1u32>
 [151] <https://theingots.org/community/sil2u33>
 [152] <https://theingots.org/community/sil3u62>
 [153] <https://theingots.org/community/siel3u36>
 [154] <https://theingots.org/community/sil1u36>
 [155] <https://theingots.org/community/sil2u34>
 [156] <https://theingots.org/community/sil3u63>
 [157] <https://theingots.org/community/siel3u0reg>
 [158] <https://theingots.org/community/sil1u38>
 [159] <https://theingots.org/community/sil2u35>
 [160] <https://theingots.org/community/sil3u64>
 [161] <https://theingots.org/community/siel3u1>
 [162] <https://theingots.org/community/sil1u39>
 [163] <https://theingots.org/community/sil2u38>
 [164] <https://theingots.org/community/sil3u65>
 [165] <https://theingots.org/community/siel3u2>
 [166] <https://theingots.org/community/sil1u43>
 [167] <https://theingots.org/community/sil2u39>
 [168] <https://theingots.org/community/sil3u66>
 [169] <https://theingots.org/community/siel3u3>
 [170] <https://theingots.org/community/sil1u50>
 [171] <https://theingots.org/community/sil2u43>
 [172] <https://theingots.org/community/sil3u67>
 [173] https://theingots.org/community/siel3u_noprogression_1169
 [174] <https://theingots.org/community/sil1u51>

[175] <https://theingots.org/community/sil2u50>
[176] <https://theingots.org/community/siel3u5>
[177] <https://theingots.org/community/sil1u102>
[178] <https://theingots.org/community/sil2u51>
[179] <https://theingots.org/community/siel3u6>
[180] <https://theingots.org/community/sil1u103>
[181] <https://theingots.org/community/sil2u70>
[182] <https://theingots.org/community/siel3u7>
[183] <https://theingots.org/community/sil1u105>
[184] <https://theingots.org/community/sil2u71>
[185] <https://theingots.org/community/siel3u4>
[186] <https://theingots.org/community/sil2u72>
[187] <https://theingots.org/community/siel3u10>
[188] <https://theingots.org/community/sil2u73>
[189] <https://theingots.org/community/siel3u14>
[190] <https://theingots.org/community/sil2u80>
[191] <https://theingots.org/community/siel3u15>
[192] <https://theingots.org/community/sil2u81>
[193] <https://theingots.org/community/siel3u16>
[194] <https://theingots.org/community/sil2u82>
[195] <https://theingots.org/community/siel3u20>
[196] <https://theingots.org/community/sil2u83>
[197] <https://theingots.org/community/siel3u23>
[198] <https://theingots.org/community/sil2u84>
[199] <https://theingots.org/community/siel3u25>
[200] <https://theingots.org/community/sil2u85>
[201] <https://theingots.org/community/siel3u26>
[202] <https://theingots.org/community/siel3u28>
[203] <https://theingots.org/community/siel3u32>