

## Schools ITQ - Unit 19 IT User Fundamentals (Gold Unit 19)

[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] are relevant from Entry 3 upwards.
- References to [personal learning and thinking skills \(PLTS\)](#) [6]

### Level 2, Unit 19 - IT User Fundamentals (3 credits)

#### 1. Use IT systems to meet a variety of needs

[1.1 I can use correct procedures to start and shutdown an IT system](#) [7]

[1.2 I can select and use interface features effectively to interact with IT systems](#) [11]

[1.3 I can select and adjust system settings as appropriate to needs](#) [15]

#### 2. Manage information storage and retrieval appropriately

[2.1 I can manage files and folders to enable efficient information retrieval](#) [8]

[2.2 I can identify when and why to use different types of storage media](#) [12]

[2.3 I can organise and store information, using general and local conventions where appropriate](#) [16]

#### 3. Follow and understand the need for safety and security practices

[3.1 I can work safely and take steps to minimise physical stress](#) [9]

[3.2 I can describe the danger of computer viruses, and how to minimise risk](#) [13]

[3.3 I can keep information secure](#) [17]

#### 4. Maintain system and troubleshoot IT system problems

[4.1 I can describe why routine and non-routine maintenance is important and when to carry it out](#) [10]

[4.2 I can carry out regular routine maintenance of IT systems safely](#) [14]

[4.3 I can identify sources of help and how to get expert advice](#) [18]

[1.4 I can select and use a communication service to access the Internet](#) [19]

[3.4 I can explain why it is important to stay safe and to respect others when using IT-based communication](#) [20]

[4.4 I can identify IT problems and take appropriate action](#) [21]

[1.5 I can use appropriate terminology when describing IT systems](#) [22]

[3.5 I can follow relevant guidelines and procedures for the safe and secure use of IT](#) [23]

## Links to ITQ units

Entry Level	Level 1	Level 2	Level 3
<a href="#">Entry Level 1. Unit R - Registration</a> [25]	<a href="#">Level 1. Unit R - Registration</a> [26]	<a href="#">Level 2. Unit R - Registration</a> [27]	<a href="#">Level 3. Unit R - Registration</a> [28]
<a href="#">Entry Level 1. Unit 1 - Improving Productivity Using IT (1 credit)</a> [29]	<a href="#">Level 1. Unit 1 - Improving Productivity Using IT (3 credits)</a> [30]	<a href="#">Level 2. Unit 1 - Improving Productivity Using IT (4 credits)</a> [31]	<a href="#">Level 3. Unit 1 - Improving Productivity Using IT (5 credits)</a> [32]
<a href="#">Entry Level 1. Unit 2 - Using ICT to Select and Exchange Information (2 credits)</a> [33]	<a href="#">Level 1. Unit 2 - Website Software (3 credits)</a> [34]	<a href="#">Level 2. Unit 2 - Website Software (4 credits)</a> [35]	<a href="#">Level 3. Unit 2 - Website Software (5 credits)</a> [36]
<a href="#">Entry Level 1. Unit 3 - Online Basics (2 credits)</a> [37]	<a href="#">Level 1. Unit 3 - Using Collaborative Technologies (3 credits)</a> [38]	<a href="#">Level 2. Unit 3 - Using Collaborative Technologies (4 credits)</a> [39]	<a href="#">Level 3. Unit 3 - Using Collaborative Technologies (6 credits)</a> [40]
<a href="#">Entry Level 1. Unit 4 - Desktop Publishing Software (2 credits)</a> [41]	<a href="#">Level 1. Unit 4 - IT Security for Users (1 credit)</a> [42]	<a href="#">Level 2. Unit 4 - IT Security for Users (2 credits)</a> [43]	<a href="#">Level 3. Unit 4 - IT Security for Users (3 credits)</a> [44]
<a href="#">Entry Level 1. Unit 5 - Safe Working Practices (2 credits)</a> [45]	<a href="#">Level 1. Unit 5 - Spreadsheet Software (3 credits)</a> [46]	<a href="#">Level 2. Unit 5 - Spreadsheet Software (4 credits)</a> [47]	<a href="#">Level 3. Unit 5 - Spreadsheet Software (6 credits)</a> [48]

[Entry Level 1, Unit 6 - Using ICT in the Workplace \(2 credits\) \[49\]](#)

[Level 1, Unit 6 - Specialist Software \(2 credits\) \[50\]](#)

[Level 2, Unit 6 - Specialist software \(3 credits\) \[51\]](#)

[Level 3, Unit 6 - Specialist Software \(4 credits\) \[52\]](#)

[Entry Level 1, Unit 7 - Imaging software \(2 credits\) \[53\]](#)

[Level 1, Unit 7 - Word Processing \(3 credits\) \[54\]](#)

[Level 2, Unit 7 - Word processing \(4 credits\) \[55\]](#)

[Level 3, Unit 7 - Word Processing Software \(6 credits\) \[56\]](#)

[Entry Level 1, Unit 8 - Using ICT Equipment in a Work Place \(2 credits\) \[57\]](#)

[Level 1, Unit 8 - Using the Internet \(3 credits\) \[58\]](#)

[Level 2, Unit 8 - Using the internet \(4 credits\) \[59\]](#)

[Level 3, Unit 8 - Using the Internet \(5 credits\) \[60\]](#)

[Entry Level 1, Unit 9 - Using Word Processing Software \(2 credits\) \[61\]](#)

[Level 1, Unit 9 - Drawing and planning \(2 credits\) \[62\]](#)

[Level 2, Unit 9 - Drawing and planning \(3 credits\) \[63\]](#)

[Level 3, Unit 9 - Drawing and Planning Software \(4 credits\) \[64\]](#)

[Entry Level 1, Unit 11 - Audio and Video Software \(2 credits\) \[65\]](#)

[Level 1, Unit 10 - Presentation Software \(3 credits\) \[66\]](#)

[Level 2, Unit 10 - Presentation software \(4 credits\) \[67\]](#)

[Level 3, Unit 10 - Presentation Software \(6 credits\) \[68\]](#)

[Entry Level 1, Unit 12 - Presentation Software \(2 credits\) \[69\]](#)

[Level 1, Unit 11 - Database Software \(3 credits\) \[70\]](#)

[Level 2, Unit 11 - Database software \(4 credits\) \[71\]](#)

[Level 3, Unit 11 - Database Software \(6 credits\) \[72\]](#)

[Entry Level 1, Unit 13 - Computer Games Development \(2 credits\) \[73\]](#)

[Level 1, Unit 12 - Desktop Publishing Software \(3 credits\) \[74\]](#)

[Level 2, Unit 12 - Desktop Publishing Software \(4 credits\) \[75\]](#)

[Level 3, Unit 12 - Desktop Publishing Software \(5 credits\) \[76\]](#)

[Entry Level 1, Unit 14 - Video Communication \(2 credits\) \[77\]](#)

[Level 1, Unit 13 - Using Email \(2 credits\) \[78\]](#)

[Level 2, Unit 13 - Using Email \(3 credits\) \[79\]](#)

[Level 3, Unit 13 - Using Email \(3 credits\) \[80\]](#)

[Entry Level 1, Unit 29 - Understand social media \(2 credits\) \[81\]](#)

[Level 1, Unit 14 - Audio Software \(2 credits\) \[82\]](#)

[Level 2, Unit 14 - Audio Software \(3 credits\) \[83\]](#)

[Level 3, Unit 14 - Audio Software \(4 credits\) \[84\]](#)

[Entry Level 2, Unit R - Registration \[85\]](#)

[Level 1, Unit 15 - Imaging Software \(3 credits\) \[86\]](#)

[Level 2, Unit 15 - Imaging Software \(4 credits\) \[87\]](#)

[Level 3, Unit 15 - Imaging Software \(5 credits\) \[88\]](#)

[Entry Level 2, Unit 1 - Improving](#)

[Level 1, Unit 16 - IT Communication](#)

[Level 2, Unit 16 - IT Communication](#)

[Level 3, Unit 17 - Video Software \(4](#)

## Schools ITQ - Unit 19 IT User Fundamentals (Gold Unit 19)

-->

<a href="#">Productivity Using IT (2 credits) [89]</a>	<a href="#">Fundamentals (2 credits) [90]</a>	<a href="#">Fundamentals (2 credits) [91]</a>	<a href="#">credits) [92]</a>
<a href="#">Entry Level 2, Unit 2 - Using ICT to Select and Exchange Information (2 credits) [93]</a>	<a href="#">Level 1, Unit 17 - Video Software (2 credits) [94]</a>	<a href="#">Level 2, Unit 17 - Video Software (3 credits) [95]</a>	<a href="#">Level 3, Unit 23 - Multimedia Software (6 credits) [96]</a>
<a href="#">Entry Level 2, Unit 3 - Online Basics (2 credits) [97]</a>	<a href="#">Level 1, Unit 18 - IT Software Fundamentals (3 credits) [98]</a>	<a href="#">Level 2, Unit 18 - IT Software Fundamentals (3 credits) [99]</a>	<a href="#">Level 3, Unit 24 - Additive Manufacture (6 credits) [100]</a>
<a href="#">Entry Level 2, Unit 4 -Desktop Publishing Software (2 credits) [101]</a>	<a href="#">Level 1, Unit 19 - IT User Fundamentals (3 credits) [102]</a>	<a href="#">Level 2, Unit 19 - IT User Fundamentals (3 credits) [103]</a>	<a href="#">Level 3, Unit 27 - Design Software (5 credits) [104]</a>
<a href="#">Entry Level 2, Unit 5 - Using ICT: Safe Working Practices (1 credit) [105]</a>	<a href="#">Level 1, Unit 20 - Using Mobile IT Devices (2 credits) [106]</a>	<a href="#">Level 2, Unit 20 - Using Mobile IT Devices (2 credits) [107]</a>	<a href="#">Level 3, Unit 28 - Optimise IT System Performance (5 credits) [108]</a>
<a href="#">Entry Level 2, Unit 6 - Using ICT in the Workplace (3 credits) [109]</a>	<a href="#">Level 1, Unit 21 - Data Management Software (2 credits) [110]</a>	<a href="#">Level 2, Unit 21 - Data Management Software (3 credits) [111]</a>	<a href="#">Level 3, Unit 29 - Set Up an IT System (5 credits) [112]</a>
<a href="#">Entry Level 2, Unit 7 - Imaging software (2 credits) [113]</a>	<a href="#">Level 1, Unit 22- Understanding the social and environmental impact of architecture and construction (3 credits) [114]</a>	<a href="#">Level 2, Unit 22 -Understanding the social and environmental impact of architecture and construction (4 credits) [115]</a>	<a href="#">Level 3, Unit 32 - Computerised Accounting Software (5 credits) [116]</a>
<a href="#">Entry Level 2, Unit 8 - Using ICT Equipment in a Work Place (2 credits) [117]</a>	<a href="#">Level 1, Unit 23 - Multimedia Software (3 credits) [118]</a>	<a href="#">Level 2, Unit 23 - Multimedia Software (4 credits) [119]</a>	<a href="#">Level 3, Unit 33 - Application Development Using Project Management Methods (6 credits) [120]</a>
<a href="#">Entry Level 2, Unit 9 - Using Word Processing Software (2 credits) [121]</a>	<a href="#">Level 1, Unit 24 - Additive Manufacture (3 credits) [122]</a>	<a href="#">Level 2, Unit 24 - Additive Manufacture (3 credits) [123]</a>	<a href="#">Level 3, Unit 37 - Internet of Things (6 credits) [124]</a>
<a href="#">Entry Level 2, Unit 10 - ICT for</a>	<a href="#">Level 1, Unit 25 - Developing</a>	<a href="#">Level 2, Unit 25 - Developing</a>	<a href="#">Level 3, Unit 40 - Cloud Based</a>

<a href="#">Employment (1 credit) [125]</a>	<a href="#">Computer Games and Puzzles (4 credits) [126]</a>	<a href="#">Computer Games and Puzzles (4 credits) [127]</a>	<a href="#">Services and Applications (5 credits) [128]</a>
<a href="#">Entry Level 2. Unit 11 - Audio and Video Software (2 credits) [129]</a>	<a href="#">Level 1, Unit 26 - Computer Games Development (3 credits) [130]</a>	<a href="#">Level 2, Unit 26 - Computer Games Development (4 credits) [131]</a>	<a href="#">Level 3, Unit 41 - Cloud Based Systems and Security (5 credits) [132]</a>
<a href="#">Entry Level 2. Unit 12 - Presentation Software (2 credits) [133]</a>	<a href="#">Level 1, Unit 27 - Design Software (3 credits) [134]</a>	<a href="#">Level 2, Unit 27 - Design Software (4 credits) [135]</a>	<a href="#">Level 3, Unit 42 - Undertaking a RealWorld Project (5 credits) [136]</a>
<a href="#">Entry Level 2. Unit 14 - Video Communication (2 credits) [137]</a>	<a href="#">Level 1, Unit 28 - Optimise IT System Performance (2 credits) [138]</a>	<a href="#">Level 2, Unit 28 - Optimise IT System Performance (4 credits) [139]</a>	<a href="#">Level 3, Unit 44 - Bespoke Software (4 credits) [140]</a>
<a href="#">Entry Level 2. Unit 16 - Using Collaborative Technologies (2 credits) [141]</a>	<a href="#">Level 1, Unit 29 - Set Up an IT System (3 credits) [142]</a>	<a href="#">Level 2, Unit 29 - Set Up an IT System (4 credits) [143]</a>	<a href="#">Level 3, Unit 57 - Networking Fundamentals (5 credits) [144]</a>
<a href="#">Entry Level 2. Unit 26 - Computer Games Development (2 credits) [145]</a>	<a href="#">Level 1, Unit 30 - CAD (3 credits) [146]</a>	<a href="#">Level 2, Unit 30 - CAD (3 credits) [147]</a>	<a href="#">Level 3, Unit 60 - Cisco CCNA 1 - Introduction to Networks (6 credits) [148]</a>
<a href="#">Entry Level 2. Unit 29 - Understand social media (2 credits) [149]</a>	<a href="#">Level 1, Unit 31 - Internet Safety for IT users (3 credits) [150]</a>	<a href="#">Level 2, Unit 32 - Computerised Accounting Software (3 credits) [151]</a>	<a href="#">Level 3, Unit 61 - Cisco CCNA 2 - Routing and Switching (6 credits) [152]</a>
<a href="#">Entry Level 2. Unit 32 - Website Software (2 credits) [153]</a>	<a href="#">Level 1, Unit 32 - Computerised Accounting Software (2 credits) [154]</a>	<a href="#">Level 2, Unit 33 - Application Development Using Project Management Methods (4 credits) [155]</a>	<a href="#">Level 3, Unit 62 - Cisco CCNA 3 - Scaling Networks (6 credits) [156]</a>
<a href="#">Entry Level 2. Unit 36 - Specialist Software (2 credits) [157]</a>	<a href="#">Level 1, Unit 36 - Financial Modelling (3 credits) [158]</a>	<a href="#">Level 2, Unit 34 - Developing skills for project management (4 credits) [159]</a>	<a href="#">Level 3, Unit 63 - Cisco CCNA 4 - Connecting Networks (6 credits) [160]</a>
<a href="#">Entry Level 3. Unit R - Registration [161]</a>	<a href="#">Level 1, Unit 38 - Animation Software (3 credits) [162]</a>	<a href="#">Level 2, Unit 35 - Using Project Management [163]</a>	<a href="#">Level 3, Unit 64 - Cisco - CCNA Security (6 credits) [164]</a>

	<a href="#">credits</a> [162]	<a href="#">Software (4 credits)</a> [163]	<a href="#">credits</a> [164]
<a href="#">Entry Level 3, Unit 1 - Improving Productivity Using IT (3 credits)</a> [165]	<a href="#">Level 1, Unit 39 - Digital Art (3 credits)</a> [166]	<a href="#">Level 2, Unit 38 - Animation Software (4 credits)</a> [167]	<a href="#">Level 3, Unit 65 - Cisco - CyberSecurity Essentials (6 credits)</a> [168]
<a href="#">Entry Level 3, Unit 2 - Online Basics (1 credit)</a> [169]	<a href="#">Level 1, Unit 43 - E-safety for learners (2 credits)</a> [170]	<a href="#">Level 2, Unit 39 - Digital Art (4 credits)</a> [171]	<a href="#">Level 3, Unit 66 - Cisco - IT Essentials (6 credits)</a> [172]
<a href="#">Entry Level 3, Unit 3 - Desktop Publishing Software (2 credits)</a> [173]	<a href="#">Level 1, Unit 50 - Developing skills for remote working (3 credits)</a> [174]	<a href="#">Level 2, Unit 43 - E-safety for learners (3 credits)</a> [175]	<a href="#">Level 3, Unit 67 - Cisco - Networking Essentials (6 credits)</a> [176]
<a href="#">Entry Level 3, Unit 4 - Displaying Information Using ICT (3 credits)</a> [177]	<a href="#">Level 1, Unit 51 - Effectiveness communication using remote systems (4 credits)</a> [178]	<a href="#">Level 2, Unit 50 - Developing skills for remote working (3 credits)</a> [179]	
<a href="#">Entry Level 3, Unit 5 - Using ICT to Find Information (3 credits)</a> [180]	<a href="#">Level 1, Unit 102 - Digital Editing and Publishing (4 credits)</a> [181]	<a href="#">Level 2, Unit 51 - Effectiveness communication using remote systems (4 credits)</a> [182]	
<a href="#">Entry Level 3, Unit 6 - Communicating Information Using ICT (3 credits)</a> [183]	<a href="#">Level 1, Unit 103 - Digital Modelling (4 credits)</a> [184]	<a href="#">DELLevel 2, Unit 70 - Understanding of Cyber Security and Online Threats (3 credits)</a> [185]	
<a href="#">Entry Level 3, Unit 7 - Producing Charts Using ICT (3 credits)</a> [186]	<a href="#">Level 1, Unit 105 - Digital Design and Graphics (4 credits)</a> [187]	<a href="#">DELLevel 2, Unit 71 - Analysing and Evaluating Cyber Threats (3 credits)</a> [188]	
<a href="#">Entry Level 3, Unit 8 - IT Security for users (1 credit)</a> [189]		<a href="#">DELLevel 2, Unit 72 - Applying and Deploying Security Tools and Best Practice (3 credits)</a> [190]	
<a href="#">Entry Level 3, Unit 10 -</a>		<a href="#">DELLevel 2, Unit 73 - Extended</a>	

[Presentation software \(2 credits\)](#) [191]

[Project: Securing and Defending Online Systems \(6 credits\)](#) [192]

[Entry Level 3. Unit 14 - Audio and Video Software \(2 credits\)](#) [193]

[Level 2. Unit 80 - Digital Tools and Best Practice for Project Management \(5 credits\)](#) [194]

[Entry Level 3. Unit 15 - Imaging Software \(2 credits\)](#) [195]

[Level 2. Unit 81 - Digital Safety and Security Policies and Procedures \(4 credits\)](#) [196]

[Entry Level 3. Unit 16 - Using Collaborative Technologies \(3 credits\)](#) [197]

[Level 2. Unit 82 - Digital Editing and Publishing \(3 credits\)](#) [198]

[Entry Level 3. Unit 20 - Introduction to Using mobile IT devices \(2 credits\)](#) [199]

[Level 2. Unit 83 - Digital Design and Graphics \(3 credits\)](#) [200]

[Entry Level 3. Unit 23 - Multimedia Software \(2 credits\)](#) [201]

[Level 2. Unit 84 - Digital Modelling and Data Management \(3 credits\)](#) [202]

[Entry Level 3. Unit 25 - Developing Computer Games and Puzzles \(3 credits\)](#) [203]

[Level 2. Unit 85 - Virtual Reality and the Development Life Cycle \(4 credits\)](#) [204]

[Entry Level 3. Unit 26 - Computer Games Development \(3 credits\)](#) [205]

[Entry Level 3. Unit 28 - Personal information management software \(1 credit\)](#) [206]

[Entry Level 3.](#)  
[Unit 32 - Website](#)  
[Software \(2](#)  
[credits\)](#) [207]

[Entry Level 3.](#)  
[Unit 36 - Specialist](#)  
[Software \(2](#)  
[credits\)](#) [157]

**Source URL:** <https://theingots.org/community/sil2u19>

### Links

- [1] [https://theingots.org/community/ITQ\\_unit\\_development](https://theingots.org/community/ITQ_unit_development)
- [2] <https://theingots.org/community/handbook2>
- [3] [https://theingots.org/community/QCF\\_levels](https://theingots.org/community/QCF_levels)
- [4] <https://theingots.org/community/SIL2U19X>
- [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/sil2u19x#1.1>
- [8] <https://theingots.org/community/sil2u19x#2.1>
- [9] <https://theingots.org/community/sil2u19x#3.1>
- [10] <https://theingots.org/community/sil2u19x#4.1>
- [11] <https://theingots.org/community/sil2u19x#1.2>
- [12] <https://theingots.org/community/sil2u19x#2.2>
- [13] <https://theingots.org/community/sil2u19x#3.2>
- [14] <https://theingots.org/community/sil2u19x#4.2>
- [15] <https://theingots.org/community/sil2u19x#1.3>
- [16] <https://theingots.org/community/sil2u19x#2.3>
- [17] <https://theingots.org/community/sil2u19x#3.3>
- [18] <https://theingots.org/community/sil2u19x#4.3>
- [19] <https://theingots.org/community/sil2u19x#1.4>
- [20] <https://theingots.org/community/sil2u19x#3.4>
- [21] <https://theingots.org/community/sil2u19x#4.4>
- [22] <https://theingots.org/community/sil2u19x#1.5>
- [23] <https://theingots.org/community/sil2u19x#3.5>
- [24] <https://theingots.org/community/sil2u19i>
- [25] <https://theingots.org/community/siel1u0reg>
- [26] <https://theingots.org/community/sil1u0reg>
- [27] <https://theingots.org/community/sil2u0reg>
- [28] <https://theingots.org/community/sil3u0reg>
- [29] <https://theingots.org/community/siel1u1>
- [30] <https://theingots.org/community/sil1u1>
- [31] <https://theingots.org/community/sil2u1>
- [32] <https://theingots.org/community/sil3u1>
- [33] <https://theingots.org/community/siel1u2>
- [34] <https://theingots.org/community/sil1u2>
- [35] <https://theingots.org/community/sil2u2>
- [36] <https://theingots.org/community/sil3u2>
- [37] <https://theingots.org/community/siel1u3>
- [38] <https://theingots.org/community/sil1u3>
- [39] <https://theingots.org/community/sil2u3>



[40] <https://theingots.org/community/sil3u3>  
[41] <https://theingots.org/community/siel1u4>  
[42] <https://theingots.org/community/sil1u4>  
[43] <https://theingots.org/community/sil2u4>  
[44] <https://theingots.org/community/sil3u4>  
[45] <https://theingots.org/community/siel1u5>  
[46] <https://theingots.org/community/sil1u5>  
[47] <https://theingots.org/community/sil2u5>  
[48] <https://theingots.org/community/sil3u5>  
[49] <https://theingots.org/community/siel1u6>  
[50] <https://theingots.org/community/sil1u6>  
[51] <https://theingots.org/community/sil2u6>  
[52] <https://theingots.org/community/sil3u6>  
[53] <https://theingots.org/community/siel1u7>  
[54] <https://theingots.org/community/sil1u7>  
[55] <https://theingots.org/community/sil2u7>  
[56] <https://theingots.org/community/sil3u7>  
[57] <https://theingots.org/community/siel1u8>  
[58] <https://theingots.org/community/sil1u8>  
[59] <https://theingots.org/community/sil2u8>  
[60] <https://theingots.org/community/sil3u8>  
[61] <https://theingots.org/community/siel1u9>  
[62] <https://theingots.org/community/sil1u9>  
[63] <https://theingots.org/community/sil2u9>  
[64] <https://theingots.org/community/sil3u9>  
[65] <https://theingots.org/community/siel1u11>  
[66] <https://theingots.org/community/sil1u10>  
[67] <https://theingots.org/community/sil2u10>  
[68] <https://theingots.org/community/sil3u10>  
[69] <https://theingots.org/community/siel1u12>  
[70] <https://theingots.org/community/sil1u11>  
[71] <https://theingots.org/community/sil2u11>  
[72] <https://theingots.org/community/sil3u11>  
[73] <https://theingots.org/community/siel1u13>  
[74] <https://theingots.org/community/sil1u12>  
[75] <https://theingots.org/community/sil2u12>  
[76] <https://theingots.org/community/sil3u12>  
[77] <https://theingots.org/community/siel1u14>  
[78] <https://theingots.org/community/sil1u13>  
[79] <https://theingots.org/community/sil2u13>  
[80] <https://theingots.org/community/sil3u13>  
[81] <https://theingots.org/community/siel1u29>  
[82] <https://theingots.org/community/sil1U14>  
[83] <https://theingots.org/community/sil2u14>  
[84] <https://theingots.org/community/sil3u14>  
[85] <https://theingots.org/community/siel2u0reg>  
[86] <https://theingots.org/community/sil1u15>  
[87] <https://theingots.org/community/sil2u15>  
[88] <https://theingots.org/community/sil3u15>  
[89] <https://theingots.org/community/siel2u1>  
[90] <https://theingots.org/community/sil1u16>  
[91] <https://theingots.org/community/sil2u16>  
[92] <https://theingots.org/community/sil3u17>  
[93] <https://theingots.org/community/siel2u2>  
[94] <https://theingots.org/community/sil1u17>  
[95] <https://theingots.org/community/sil2u17>  
[96] <https://theingots.org/community/sil3u23>  
[97] <https://theingots.org/community/siel2u3>  
[98] <https://theingots.org/community/sil1u18>

[99] <https://theingots.org/community/sil2u18>  
[100] <https://theingots.org/community/sil3u24>  
[101] <https://theingots.org/community/siel2u4>  
[102] <https://theingots.org/community/sil1u19>  
[103] <https://theingots.org/community/sil2u19>  
[104] <https://theingots.org/community/sil3u27>  
[105] <https://theingots.org/community/siel2u5>  
[106] <https://theingots.org/community/sil1u20>  
[107] <https://theingots.org/community/sil2u20>  
[108] <https://theingots.org/community/sil3U28>  
[109] <https://theingots.org/community/siel2u6>  
[110] <https://theingots.org/community/sil1u21>  
[111] <https://theingots.org/community/sil2u21>  
[112] <https://theingots.org/community/sil3u29>  
[113] <https://theingots.org/community/siel2u7>  
[114] <https://theingots.org/community/sil1u22>  
[115] <https://theingots.org/community/sil2u22>  
[116] <https://theingots.org/community/sil3u32>  
[117] <https://theingots.org/community/siel2u8>  
[118] <https://theingots.org/community/sil1u23>  
[119] <https://theingots.org/community/sil2u23>  
[120] <https://theingots.org/community/sil3u33>  
[121] <https://theingots.org/community/siel2u9>  
[122] <https://theingots.org/community/sil1u24>  
[123] <https://theingots.org/community/sil2u24>  
[124] <https://theingots.org/community/sil3u37>  
[125] <https://theingots.org/community/siel2u10>  
[126] <https://theingots.org/community/sil1u25>  
[127] <https://theingots.org/community/sil2u25>  
[128] <https://theingots.org/community/sil3u40>  
[129] <https://theingots.org/community/siel2u11>  
[130] <https://theingots.org/community/sil1u26>  
[131] <https://theingots.org/community/sil2u26>  
[132] <https://theingots.org/community/sil3u41>  
[133] <https://theingots.org/community/siel2u12>  
[134] <https://theingots.org/community/sil1u27>  
[135] <https://theingots.org/community/sil2u27>  
[136] <https://theingots.org/community/sil3u42>  
[137] <https://theingots.org/community/siel2u14>  
[138] <https://theingots.org/community/sil1u28>  
[139] <https://theingots.org/community/sil2u28>  
[140] <https://theingots.org/community/sil3u44>  
[141] <https://theingots.org/community/siel2u16>  
[142] <https://theingots.org/community/sil1u29>  
[143] <https://theingots.org/community/sil2u29>  
[144] <https://theingots.org/community/sil3u57>  
[145] <https://theingots.org/community/siel2u26>  
[146] <https://theingots.org/community/sil1u30>  
[147] <https://theingots.org/community/sil2u30>  
[148] <https://theingots.org/community/sil3u60>  
[149] <https://theingots.org/community/siel2u29>  
[150] <https://theingots.org/community/sil1u31>  
[151] <https://theingots.org/community/sil2u32>  
[152] <https://theingots.org/community/sil3u61>  
[153] <https://theingots.org/community/siel2u32>  
[154] <https://theingots.org/community/sil1u32>  
[155] <https://theingots.org/community/sil2u33>  
[156] <https://theingots.org/community/sil3u62>  
[157] <https://theingots.org/community/siel3u36>

[158] <https://theingots.org/community/sil1u36>  
[159] <https://theingots.org/community/sil2u34>  
[160] <https://theingots.org/community/sil3u63>  
[161] <https://theingots.org/community/siel3u0reg>  
[162] <https://theingots.org/community/sil1u38>  
[163] <https://theingots.org/community/sil2u35>  
[164] <https://theingots.org/community/sil3u64>  
[165] <https://theingots.org/community/siel3u1>  
[166] <https://theingots.org/community/sil1u39>  
[167] <https://theingots.org/community/sil2u38>  
[168] <https://theingots.org/community/sil3u65>  
[169] <https://theingots.org/community/siel3u2>  
[170] <https://theingots.org/community/sil1u43>  
[171] <https://theingots.org/community/sil2u39>  
[172] <https://theingots.org/community/sil3u66>  
[173] <https://theingots.org/community/siel3u3>  
[174] <https://theingots.org/community/sil1u50>  
[175] <https://theingots.org/community/sil2u43>  
[176] <https://theingots.org/community/sil3u67>  
[177] [https://theingots.org/community/siel3u\\_noprogression\\_1169](https://theingots.org/community/siel3u_noprogression_1169)  
[178] <https://theingots.org/community/sil1u51>  
[179] <https://theingots.org/community/sil2u50>  
[180] <https://theingots.org/community/siel3u5>  
[181] <https://theingots.org/community/sil1u102>  
[182] <https://theingots.org/community/sil2u51>  
[183] <https://theingots.org/community/siel3u6>  
[184] <https://theingots.org/community/sil1u103>  
[185] <https://theingots.org/community/sil2u70>  
[186] <https://theingots.org/community/siel3u7>  
[187] <https://theingots.org/community/sil1u105>  
[188] <https://theingots.org/community/sil2u71>  
[189] <https://theingots.org/community/siel3u4>  
[190] <https://theingots.org/community/sil2u72>  
[191] <https://theingots.org/community/siel3u10>  
[192] <https://theingots.org/community/sil2u73>  
[193] <https://theingots.org/community/siel3u14>  
[194] <https://theingots.org/community/sil2u80>  
[195] <https://theingots.org/community/siel3u15>  
[196] <https://theingots.org/community/sil2u81>  
[197] <https://theingots.org/community/siel3u16>  
[198] <https://theingots.org/community/sil2u82>  
[199] <https://theingots.org/community/siel3u20>  
[200] <https://theingots.org/community/sil2u83>  
[201] <https://theingots.org/community/siel3u23>  
[202] <https://theingots.org/community/sil2u84>  
[203] <https://theingots.org/community/siel3u25>  
[204] <https://theingots.org/community/sil2u85>  
[205] <https://theingots.org/community/siel3u26>  
[206] <https://theingots.org/community/siel3u28>  
[207] <https://theingots.org/community/siel3u32>