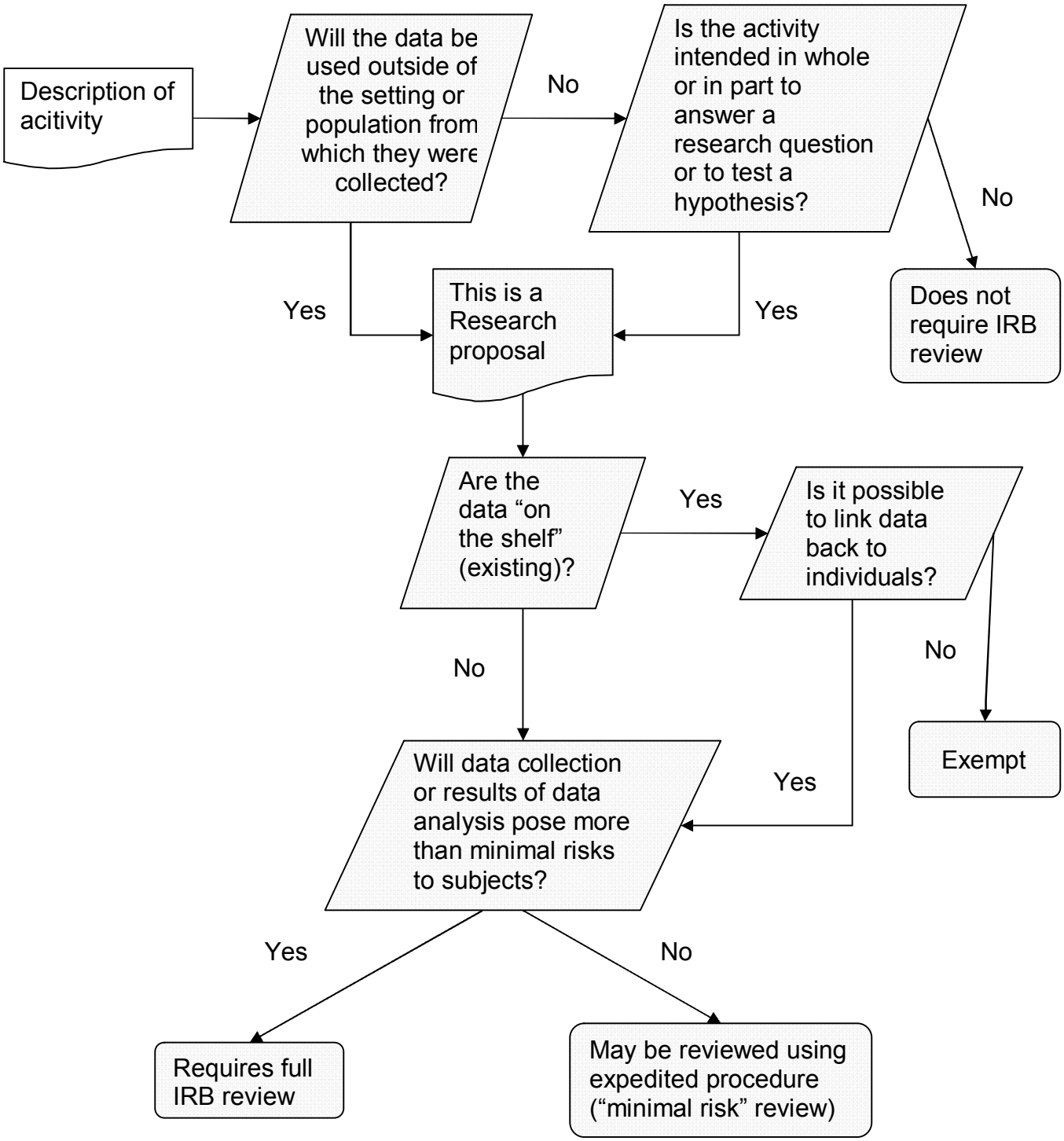Distinguishing Internal Assessment from Research