

THANK YOU NOTE AFTER CLINICAL ROTATION Handbook

Thank you note after clinical rotation is an essential component of professional etiquette for medical students and healthcare trainees. It not only demonstrates gratitude but also helps in building meaningful professional relationships with mentors, supervisors, and colleagues. Crafting an effective thank you note can leave a lasting positive impression, enhance your reputation, and open doors for future opportunities in your medical career. In this comprehensive guide, we will explore the importance of writing a thank you note after clinical rotations, provide tips for crafting impactful messages, and share examples to help you get started.

Why Is a Thank You Note After Clinical Rotation Important?

Writing a thank you note after your clinical rotation carries several significant benefits, both personally and professionally.

1. Shows Appreciation and Respect

Expressing gratitude acknowledges the time, effort, and mentorship provided by attending physicians, residents, nurses, and staff. It demonstrates that you value their guidance and contribution to your education.

2. Reinforces Professional Relationships

A well-written thank you note helps solidify your network within the medical community. Positive interactions can lead to future recommendations, letters of reference, or collaborative opportunities.

3. Reflects Your Professionalism

Taking the time to send a thank you note showcases your professionalism, attention to detail, and good manners—traits highly valued in healthcare settings.

4. Leaves a Lasting Impression

A thoughtful message can differentiate you from other students, making you memorable to your mentors and colleagues.

When to Send a Thank You Note

Timing is crucial when it comes to expressing gratitude. Ideally, send your thank you note within 24 to 48 hours after completing your clinical rotation or the specific experience you wish to acknowledge.

How to Write an Effective Thank You Note

Creating an impactful thank you note involves clarity, sincerity, and professionalism. Here are key steps to follow:

1. Personalize Your Message

Address the recipient by name and customize the content based on your experience with them. Mention specific instances or guidance they provided.

2. Be Concise and Genuine

Express your gratitude sincerely without being overly verbose. A few heartfelt sentences are often more effective than lengthy messages.

3. Highlight Key Takeaways

Share what you learned or appreciated during the rotation and how it influenced your career goals.

4. Maintain Professional Tone

Use proper language, correct grammar, and a respectful tone throughout.

5. Include Your Contact Information

Provide your email or phone number if you'd like to stay in touch or seek future mentorship.

Sample Structure of a Thank You Note

Below is a suggested outline to help you craft your message:

- Greeting: Dear Dr. Smith,
- Expression of gratitude: Thank you very much for the opportunity to observe and participate in your clinical team during my rotation in pediatrics.
- Specific appreciation: I especially appreciated your guidance during the case discussions and the insights you shared about patient-centered care.

- Impact of the experience: This rotation has deepened my interest in pediatrics and provided me with valuable clinical skills and knowledge.
- Closing remarks: I am grateful for your mentorship and support. I hope to stay in touch and perhaps collaborate in the future.
- Sign-off: Sincerely, [Your Name]

Examples of Thank You Notes After Clinical Rotation

Example 1: Formal and Professional

Dear Dr. Johnson,

I want to sincerely thank you for the opportunity to rotate in your cardiology department. Your thorough teaching and patience made a significant impact on my learning experience. I particularly appreciated the way you involved me in patient case discussions, which enhanced my clinical reasoning skills.

This rotation has reinforced my desire to pursue cardiology and has given me valuable insights into patient management. I am grateful for your mentorship and the time you dedicated to my education.

Thank you again for your guidance and support. I hope to stay connected and look forward to applying what I learned in my future practice.

Sincerely,

Emily Parker

Example 2: Friendly and Appreciative

Hello Dr. Lee,

Thank you so much for an incredible clinical rotation in the emergency department. Your enthusiasm and dedication to patient care truly inspired me. I learned a lot from observing your approach to rapid decision-making and team coordination.

I really appreciate the opportunities you provided me to participate in patient assessments and procedures. This experience has boosted my confidence and passion for emergency medicine.

Thanks again for your mentorship and kindness. I hope to keep in touch as I continue my journey in medicine.

Best regards,

Michael Chen

Additional Tips for Writing Your Thank You Note

- **Keep it professional:** Even if you had a friendly relationship, maintain a respectful and professional tone.
- **Proofread:** Check for spelling and grammatical errors before sending.
- **Send via email or handwritten:** Email is acceptable and timely, but a handwritten note can add a personal touch if appropriate.
- **Follow up:** If you receive a response, reply promptly to continue building the relationship.
- **Express enthusiasm:** Show genuine appreciation for the opportunity and your eagerness to learn more.

Conclusion

A well-crafted thank you note after a clinical rotation is more than just good manners; it's a strategic move to enhance your professional reputation and foster lasting relationships in the medical field. By personalizing your message, expressing sincere gratitude, and maintaining professionalism, you can leave a positive impression that might benefit your future career. Remember, taking the time to thank your mentors and colleagues demonstrates humility and respect—traits that are essential for any aspiring healthcare professional.

Start drafting your thank you note today and make your appreciation known. Your mentors will appreciate your thoughtfulness, and you'll take a meaningful step toward building a strong professional network in medicine.

Thank You Note After Clinical Rotation: A Comprehensive Guide to Expressing Appreciation and Leaving a Lasting Impression

Introduction

Completing a clinical rotation is a significant milestone in the journey of medical education. It signifies hands-on experience, skill enhancement, and exposure to real-world medical environments. However, equally important is recognizing the mentors, preceptors, and team members who facilitate this learning process. A thoughtfully crafted thank you note after clinical rotation not only demonstrates gratitude but also helps cement professional relationships, leaves a positive impression, and can be beneficial for future opportunities such as letters of recommendation or networking.

This comprehensive guide delves into the significance, timing, structure, content, and best practices for writing an effective thank you note after a clinical rotation. Whether you're a medical student, nursing student, or other healthcare trainee, mastering this art is crucial for professionalism and personal branding.

Importance of Sending a Thank You Note After Clinical Rotation

- Demonstrates Professionalism and Gratitude

A thank you note reflects your appreciation for the time, effort, and mentorship provided. It signals maturity, respect, and recognition of the collaborative nature of healthcare.

- Strengthens Professional Relationships

Expressing gratitude can foster ongoing professional connections, which may lead to future mentorship, research opportunities, or employment.

- Leaves a Positive Impression

Supervisors and mentors often remember students who show genuine appreciation, possibly influencing their willingness to support you in future endeavors.

- Reflects Personal Growth

Writing a thank you note involves reflection on what you've learned and how the rotation has impacted your career goals, demonstrating introspection and professionalism.

When to Send a Thank You Note

Timing is key to ensuring your gratitude feels sincere and timely:

- Within 24-48 hours after completion of the rotation is ideal.
- For longer rotations, consider sending a note within a week.
- If you had ongoing interactions or multiple mentors, personalized notes should be sent promptly to each individual involved.

Choosing the Right Medium

- Email: Most common, quick, and convenient, especially in fast-paced healthcare settings.
- Handwritten Note: Adds a personal touch, demonstrates effort, and can stand out if appropriate.
- Physical Card: Suitable for more formal or memorable occasions, such as concluding a long-term rotation or during special events.

Structuring Your Thank You Note

A well-organized message enhances clarity and professionalism. Here is a recommended structure:

- Salutation
 - Use formal titles and last names, e.g., "Dear Dr. Smith," or "Dear Ms. Johnson,".
 - If you're on a first-name basis, ensure it's appropriate and comfortable for all parties.
- Express Gratitude Early
 - Open with a clear statement of appreciation.
 - Example: "I want to sincerely thank you for the invaluable opportunity to rotate in the Department of Cardiology."
- Mention Specific Experiences or Mentorship Moments
 - Highlight particular skills learned, guidance received, or memorable cases.
 - Demonstrating attentiveness shows genuine interest and appreciation.
- Reflect on Personal Growth and Future Goals
 - Briefly describe how the rotation has influenced your career aspirations or skills development.
 - Show that you've thought about the experience meaningfully.

- Reiterate Thanks and Express Future Intentions
- Close with a reaffirmation of gratitude.
- Mention your hope to stay in touch, seek advice, or collaborate in the future.
- Professional Closing
- Use appropriate closing remarks such as "Sincerely," "Best regards," or "Respectfully."
- Include your full name, contact information, and relevant credentials if applicable.

Crafting the Content: What to Include

Deep and meaningful content makes your thank you note memorable. Consider including:

- Personalized anecdotes: Specific instances where the mentor's guidance made a difference.
- Skills acquired: Clinical skills, communication techniques, or research insights.
- Lessons learned: Professional conduct, teamwork, or time management.
- Future aspirations: How the rotation influenced your career path.
- Networking intent: Express interest in maintaining contact or seeking advice.

Sample Content Elements

- "Your detailed explanation of complex cases helped me understand the nuances of patient-centered care."
- "I appreciated the opportunities to perform procedures under your supervision, which boosted my confidence."
- "Your feedback on my presentation skills has motivated me to continue improving."
- "Observing your compassionate approach to patient interactions has inspired me to prioritize empathy in my practice."

Best Practices for Writing an Effective Thank You Note

- Be Genuine and Specific

Avoid generic statements. Personalize your message to reflect genuine appreciation and specific

experiences.

- Keep It Concise but Meaningful

Aim for clarity and brevity?ideally, 150-300 words. Respect the recipient?s time while conveying sincerity.

- Proofread Carefully

Check for spelling, grammar, and punctuation errors. A polished note demonstrates professionalism.

- Use Professional Language

Maintain a formal tone unless you have a very close relationship. Avoid slang or overly casual language.

- Handwrite if Possible

A handwritten note can stand out, especially if you want to leave a lasting impression. Use quality stationery and write legibly.

- Follow Up When Appropriate

If you discussed future collaboration or asked for advice, follow through with your intentions promptly.

Sample Thank You Note After Clinical Rotation

Dear Dr. Anderson,

I want to sincerely thank you for the incredible opportunity to rotate in the Department of Internal Medicine. Your mentorship and guidance made a profound impact on my learning experience.

During the rotation, I especially appreciated your detailed explanations of complex diagnostic processes and your emphasis on patient-centered care. Observing your compassionate approach to difficult cases taught me the importance of empathy and communication in clinical practice. The

hands-on experience I gained performing physical exams and assisting in patient management has boosted my confidence and skills significantly.

This rotation has reinforced my aspiration to pursue internal medicine, and I am grateful for the insights you shared about the profession. I hope to stay in touch and look forward to seeking your advice as I continue my journey in medicine.

Thank you once again for your support and mentorship.

Best regards,

Jane Doe, MS4

(Email: [\[email protected\]](#))

Additional Tips for Special Circumstances

- If you received a lot of help: Consider sending personalized notes to key mentors and team members.
- If the rotation was particularly impactful: You might also include a brief reflection on how it influenced your career goals.
- If you're requesting a letter of recommendation: Mention your appreciation and politely ask if you may stay in touch for future guidance.

Final Thoughts

A thank you note after clinical rotation is more than just a courteous gesture; it's an essential component of professional development. It demonstrates your appreciation, solidifies relationships, and reflects well on your character. Investing time and effort into crafting a sincere, well-structured message can have lasting benefits for your medical career.

Remember, gratitude is a cornerstone of healthcare professionalism. By expressing it thoughtfully through a thank you note, you not only leave a lasting positive impression but also embody the compassionate spirit central to medicine.

Embark on your next rotation with confidence, knowing that a well-written thank you note can open doors and foster lifelong professional connections.

Question What should I include in a thank you note after my clinical rotation? Include a sincere expression of gratitude, mention specific experiences or guidance you appreciated, and

convey how the rotation has impacted your learning and career goals. When is the best time to send a thank you note after completing a clinical rotation? Ideally, send the thank you note within a week of completing the rotation to demonstrate prompt appreciation and maintain a professional connection. Should I send a handwritten or email thank you note after my clinical rotation? Both are appropriate; a handwritten note adds a personal touch, while an email is quicker and suitable for maintaining timely communication. How personalized should my thank you note be? Make it personalized by mentioning specific experiences, advice, or mentorship moments that stood out, showing genuine appreciation for their individual support. Is it necessary to send thank you notes to all supervisors and team members? Yes, expressing gratitude to supervisors, attending physicians, and team members demonstrates professionalism and appreciation for everyone's contributions. Can I include future contact intentions in my thank you note? Yes, expressing interest in staying connected or seeking future mentorship opportunities can leave a positive impression and foster ongoing professional relationships. Are thank you notes after clinical rotations important for residency applications? Absolutely; well-crafted thank you notes can reinforce your professionalism and gratitude, making a positive impression on potential mentors or evaluators. What tone should I use in a thank you note after my clinical rotation? Maintain a professional, respectful, and appreciative tone while also being warm and genuine to reflect sincere gratitude. Should I mention specific skills or knowledge gained in my thank you note? Yes, highlighting specific skills or insights gained shows attentiveness and demonstrates how the rotation has contributed to your growth.

Related keywords: thank you note, clinical rotation, appreciation letter, medical internship, gratitude message, healthcare experience, student acknowledgment, professional courtesy, rotation feedback, medical training appreciation

TRANSMISSION SPRAG ROTATION CHARTS

Transmission sprag rotation charts are essential tools for automotive technicians, engineers, and enthusiasts aiming to understand the intricate workings of automatic transmissions. These charts provide detailed information on how sprags, a critical component within planetary gear sets and clutch assemblies, rotate under various conditions. Understanding these rotation patterns is vital for diagnosing transmission issues, optimizing performance, and ensuring the longevity of transmission components.

What Are Transmission Sprags?

Definition and Function

Transmission sprags are one-way clutches or roller clutches used within automatic transmissions to

facilitate controlled engagement and disengagement of gear sets. They allow rotation in one direction while preventing movement in the opposite, acting as mechanical locks that enable smooth shifting and torque transfer.

Types of Sprags

- Roller Sprags: Use rollers to lock in one direction.
- Friction Sprags: Use friction elements to prevent reverse rotation.
- Sprag Clutches: Combine features of rollers and friction mechanisms for specific applications.

Role in Transmission Operation

Sprags are integral to:

- Locking planetary gears during specific gear ratios
- Supporting overrun conditions
- Preventing back-driving of components
- Assisting in smooth shifting between gears

The Importance of Sprag Rotation Charts

Understanding Rotation Patterns

Sprag rotation charts illustrate how these components rotate relative to the transmission input, output, and internal gear sets during various gear states. They help visualize the direction and speed of sprag rotation, which directly influences gear engagement and disengagement.

Diagnosing Transmission Issues

By analyzing sprag rotation patterns, technicians can identify problems such as:

- Slipping or failure of one-way clutches
- Excessive wear or damage
- Incorrect assembly or misalignment
- Issues related to torque converter lock-up

Design and Optimization

Manufacturers utilize these charts during transmission design to predict how sprags will behave under different load conditions, ensuring reliability and optimal performance.

Understanding the Components of Sprag Rotation Charts

Key Elements

A typical transmission sprag rotation chart includes:

- Gear States: Park, Reverse, Neutral, Drive, etc.
- Input and Output Rotation Directions: Indicated with arrows.
- Sprag Rotation Directions: Shows whether the sprag rotates clockwise or counterclockwise.
- Speed Ratios: Expressed as ratios or percentages, illustrating how fast the sprag rotates relative to input/output shafts.
- Torque Conditions: Light or heavy load scenarios.

Interpreting the Charts

- Rotation Direction: Helps determine if the sprag is engaging or slipping.
- Speed Ratios: Indicate how the sprag's rotation correlates with engine torque and vehicle movement.
- Transitions Between Gears: Show how sprags behave during shifts, revealing potential points of failure.

Common Patterns in Transmission Sprag Rotation Charts

Forward Drive Mode

- Sprags typically rotate in the same direction as the input shaft.
- Engage to lock planetary gears for forward torque transfer.
- Rotation speed is proportional to engine RPM.

Overdrive and Overrun Conditions

- Sprags may rotate in the opposite direction relative to the input.
- Designed to slip slightly to prevent damage during overrun, such as coast-downs.
- Chart indicates minimal rotation or free movement.

Reverse Mode

- Sprags involved in reverse engagement rotate in a specific direction to engage reverse gears.
- Often show a different rotation pattern compared to forward drive.

Neutral and Park Positions

- Sprags are typically disengaged, showing minimal or no rotation.
- Charts help verify proper disengagement to prevent unintended movement.

Applications of Transmission Sprag Rotation Charts

Diagnostic Procedures

- Troubleshooting Slipping Clutches: Charts reveal if sprags are slipping during gear changes.
- Identifying Worn Components: Abnormal rotation patterns can indicate wear or damage.
- Verifying Assembly: Ensures sprags rotate correctly during assembly or after repairs.

Design and Testing

- Engineers simulate various load and speed conditions.
- Charts assist in validating design efficacy before manufacturing.

Performance Optimization

- Fine-tuning transmission control strategies based on sprag behavior.
- Adjusting hydraulic pressure and shift timing to optimize sprag engagement.

How to Read and Use Transmission Sprag Rotation Charts

Step-by-Step Guide

- **Identify the Gear State:** Determine whether the transmission is in park, reverse, neutral, or drive.
- **Locate the Corresponding Chart Segment:** Find the part of the chart that matches the gear

state.

- **Analyze Rotation Directions:** Observe the arrows indicating sprag rotation relative to input and output shafts.
- **Compare Speed Ratios:** Note how the sprag speed relates to engine RPM or vehicle speed.
- **Assess for Anomalies:** Look for unexpected rotation patterns that could suggest issues.

Practical Tips

- Always cross-reference with actual transmission data.
- Use high-quality charts specific to the transmission model.
- Combine rotation chart analysis with physical inspection for accurate diagnosis.

Limitations and Considerations

Variability Among Transmission Models

Different manufacturers and models may have unique sprag behaviors, making it essential to use model-specific charts.

Impact of Wear and Damage

Worn sprags or clutch components can alter rotation patterns, which may complicate interpretation.

Environmental and Operating Conditions

Temperature, hydraulic pressure, and load can influence sprag behavior, affecting the accuracy of rotation charts.

Conclusion

Transmission sprag rotation charts are vital tools that offer deep insights into the behavior of one-way clutches within automatic transmissions. By understanding how these components rotate under various conditions, technicians and engineers can diagnose problems more accurately, improve transmission design, and optimize shifting performance. Proper interpretation of these charts requires familiarity with transmission mechanics, the specific model's characteristics, and the operating context. With accurate analysis, transmission sprag rotation charts contribute significantly to ensuring smooth operation, reliability, and longevity of automatic transmission systems.

Remember: Regularly updating your knowledge with the latest charts and transmission specifications is crucial for precise diagnostics and effective repairs.

Transmission sprag rotation charts are essential tools for automotive technicians, transmission rebuilders, and enthusiasts seeking to understand the intricate mechanics of automatic transmissions. These charts provide detailed insights into the engagement and rotation behavior of sprags—critical components that facilitate one-way locking within planetary gear sets and clutches. Mastery of how to interpret and utilize transmission sprag rotation charts can significantly improve diagnostic accuracy, repair quality, and overall transmission performance.

Understanding Transmission Sprags and Their Role

Before delving into the specifics of sprag rotation charts, it's important to grasp what transmission sprags are and why they matter.

What Are Transmission Sprags?

A sprag is a type of one-way clutch or overrunning clutch, designed to transmit torque in one direction while allowing free rotation in the opposite. In automatic transmissions, sprags are often used to:

- Lock planetary gear elements during specific gear engagements.
- Prevent reverse rotation of certain components.
- Enable smooth shifting by controlling the flow of power.

Why Are Sprags Critical?

Sprags ensure that power flows correctly through the transmission's gear train, preventing undue wear or damage. Their engagement and rotation characteristics directly influence shift quality, durability, and efficiency. If a sprag fails or is improperly engaged, it can lead to slipping, delayed shifts, or catastrophic transmission failure.

The Significance of Sprag Rotation Charts

Transmission sprag rotation charts serve as visual guides that illustrate how sprags behave under various conditions. They map out:

- The permissible ranges of rotation during engagement.
- The orientation of sprags relative to gear and shaft rotation.
- The engagement timing during different gear shifts.

By analyzing these charts, technicians can diagnose issues like stuck sprags, improper engagement, or unusual wear patterns.

Components of a Transmission Sprag Rotation Chart

A typical transmission sprag rotation chart includes several key elements:

- Directional Indicators
 - Input Rotation: Usually represented as clockwise (CW) or counterclockwise (CCW).
 - Output Rotation: Corresponds to the rotation of the component the sprag locks or allows to freewheel.
- Engagement Zones
 - Marked areas indicating where the sprag is fully engaged, partially engaged, or disengaged.
 - Often highlighted with different colors or shading.
- Rotation Angles and Limits
 - Precise degrees of rotation that the sprag can withstand during engagement.
 - Critical for establishing proper clearance and tolerances.
- Torque and Load Data
 - Some charts include data on the torque capacity during various rotation states.
 - Useful for understanding stress points.

How to Read and Interpret Sprag Rotation Charts

Mastering the interpretation of these charts involves understanding their visual language and applying it to practical scenarios.

Step 1: Identify the Components

Locate the specific sprag and gear set depicted in the chart. Recognize the input shaft, planetary gear, and associated components.

Step 2: Understand the Directional Arrows

- Note the arrows indicating rotation directions.
- Observe how rotation in one direction engages the sprag, while the opposite allows free rotation.

Step 3: Examine Engagement Zones

- Determine the range of motion where the sprag is engaged.
- Check for any overlaps or gaps that could lead to engagement issues.

Step 4: Analyze Rotation Limits

- Review the maximum and minimum rotation angles.
- Ensure that actual transmission operation stays within these limits to prevent sprag damage.

Step 5: Cross-Reference with Actual Data

- Compare chart data with real-world measurements or diagnostic scan results.
- Confirm whether the sprag is engaging properly during shifts.

Practical Applications of Sprag Rotation Charts

Understanding how to leverage transmission sprag rotation charts can enhance various aspects of transmission maintenance and troubleshooting.

Diagnosing Shift Problems

- Slipping or delayed shifts may be linked to sprag engagement issues.
- Charts can reveal if the sprag is rotating outside its normal limits.

Rebuilding and Repair

- During disassembly, compare the sprag's rotation behavior to the chart.
- Ensure that replacement sprags meet the specified rotation parameters.

Design and Modification

- Engineers can use these charts to optimize sprag placement and engagement angles.
- Improve shift quality and durability through informed modifications.

Common Challenges and How Sprag Rotation Charts Help

Issue 1: Sprag Slippage

- May be caused by worn sprags or improper engagement angles.
- Charts help identify whether rotation limits are exceeded.

Issue 2: Stuck Sprag

- Prevents proper gear engagement.
- Charts show the ideal rotation path; deviations indicate mechanical failure.

Issue 3: Excessive Wear

- Over-rotation or misalignment can accelerate wear.
- Charts assist in establishing correct tolerances to prevent this.

Tips for Effective Use of Transmission Sprag Rotation Charts

- Always verify the version and source of the chart to ensure accuracy.
- Use precise measurement tools (e.g., dial indicators) to compare actual sprag rotation against chart parameters.
- Incorporate data from diagnostic scans to correlate with chart findings.
- Keep detailed notes on observed deviations for future reference or reporting.

Conclusion

Transmission sprag rotation charts are invaluable tools that combine mechanical insight with visual clarity, enabling technicians and engineers to diagnose, repair, and optimize automatic transmissions effectively. By understanding how to read these charts, recognize their components, and apply their insights to real-world scenarios, professionals can improve transmission reliability, shift quality, and longevity. Whether during routine maintenance or complex rebuilds, mastery of sprag rotation behavior is a cornerstone of advanced transmission mechanics.

QuestionAnswer What is the purpose of transmission sprag rotation charts? Transmission sprag rotation charts are used to illustrate the rotational behavior and engagement patterns of sprag clutches within a transmission, helping technicians understand how sprags activate under various operating conditions. How can transmission sprag rotation charts help in diagnosing transmission issues? These charts assist in identifying abnormal sprag rotation patterns or failures, enabling technicians to pinpoint issues such as sprag slippage, sticking, or improper engagement that could lead to transmission malfunction. What factors influence sprag rotation in a transmission as shown on these charts? Factors include input shaft speed, torque loads, hydraulic pressure, and the specific gear ratio engaged, all of which affect how and when sprags engage and rotate during operation. Are transmission sprag rotation charts applicable to all types of transmissions? No, they are primarily used for automatic transmissions with sprag-based clutch systems, such as planetary gearsets, and may not be applicable to all manual or CVT transmissions. How can technicians use transmission sprag rotation charts during troubleshooting? Technicians compare actual sprag rotation data from diagnostic tools with the chart benchmarks to identify deviations, helping to determine if the sprag is engaging properly or if there are issues like wear, damage, or hydraulic problems.

Related keywords: transmission sprag, sprag rotation, transmission diagnostics, sprag clutch, automatic transmission, transmission repair, torque converter, transmission troubleshooting, clutch rotation chart, transmission components

Read the full article online: [transmission sprag rotation charts](#)