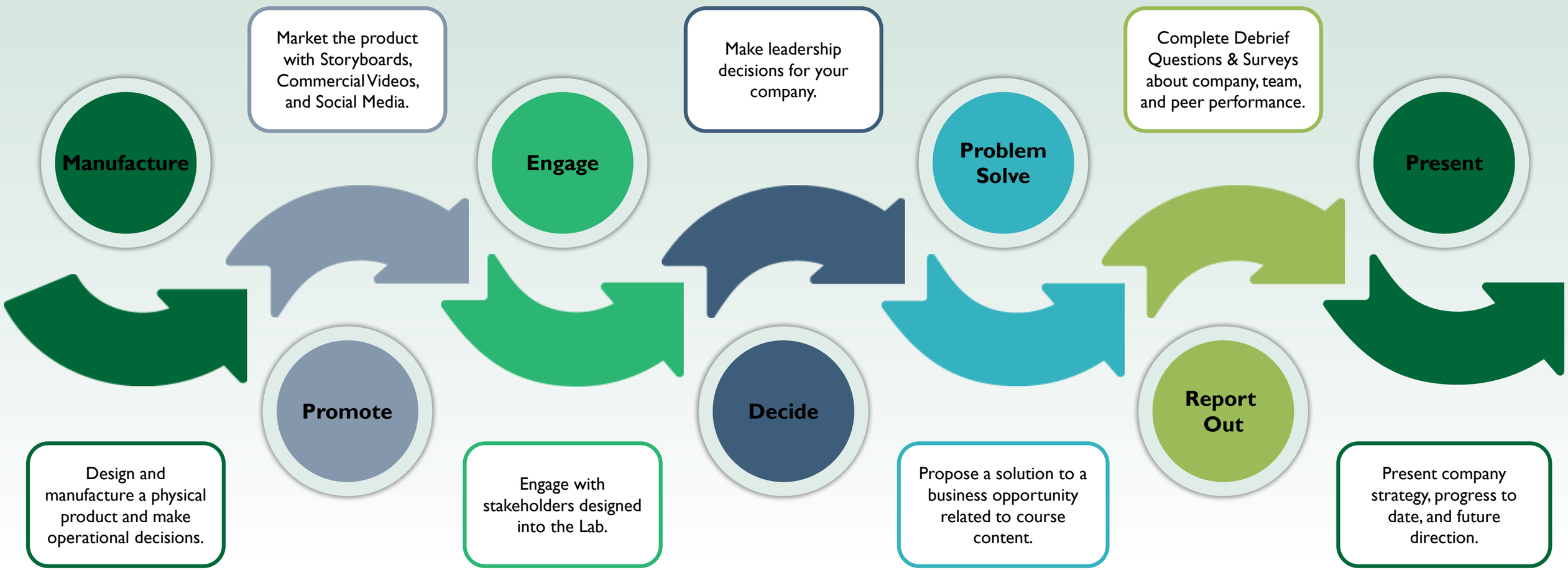All Labs – Introductory, Intermediate, or In-Depth – follow the same process.