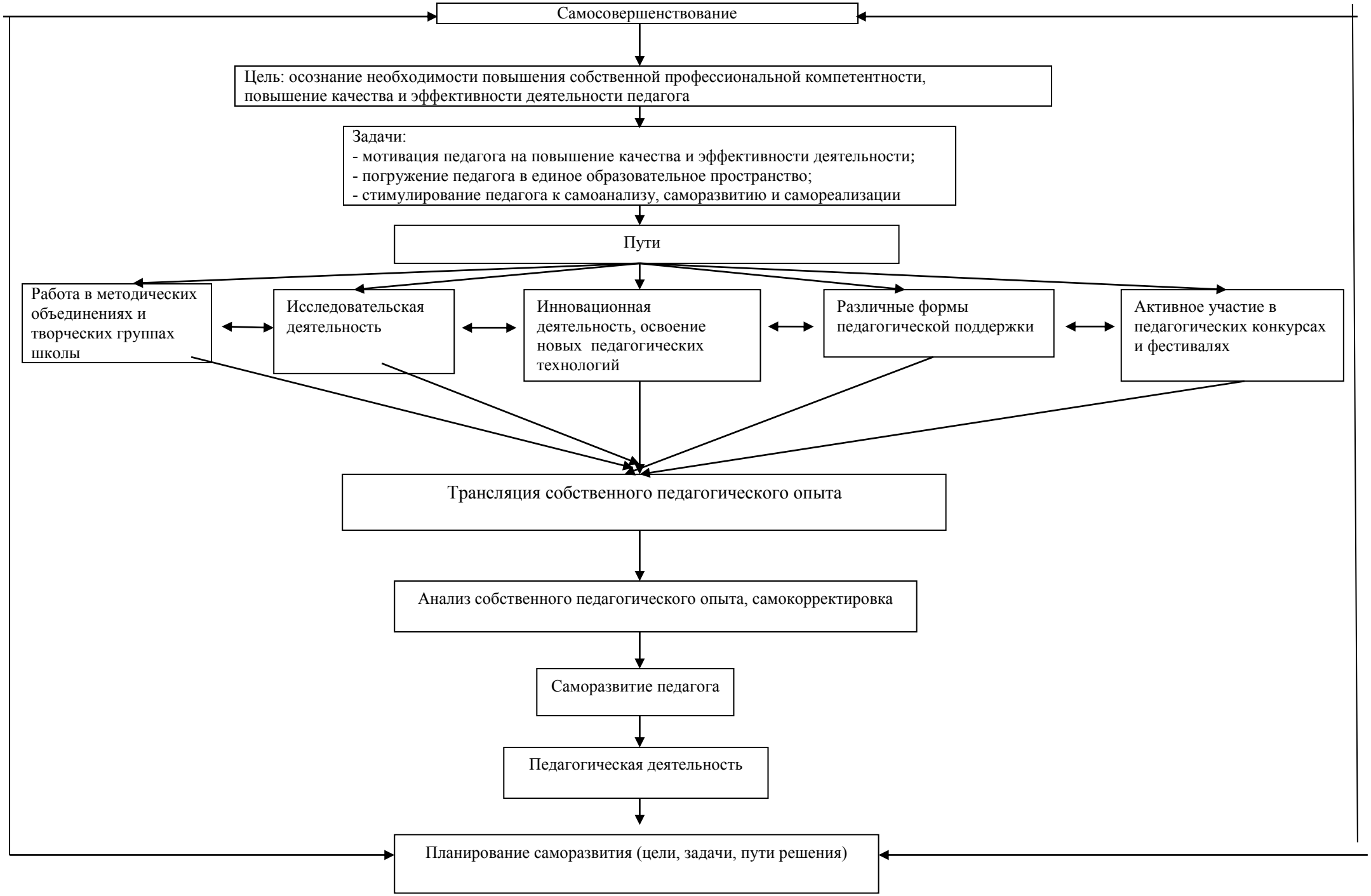Схема самосовершенствования педагога