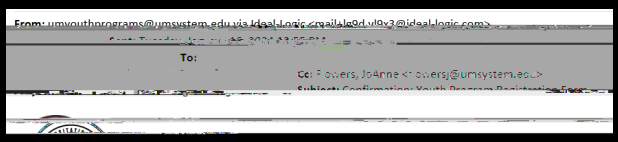The emails to your session adults varies depending on what requirements have already been met. There are also several automated emails to Program Directors and Session Contacts, as noted above, with samples below: