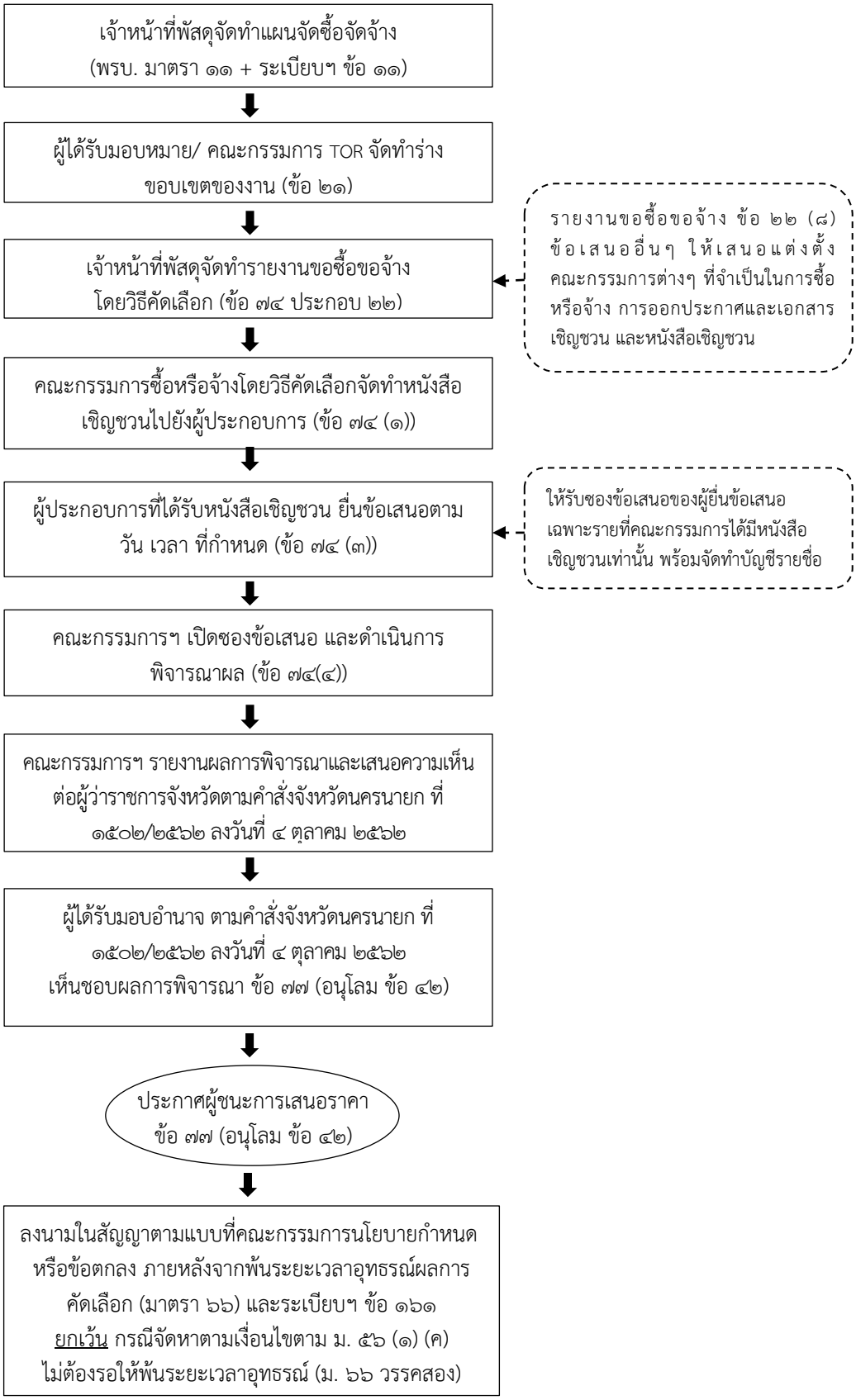๓. Workflow วิธีคัดเลือก