



4 CASPer Tips

ANNIE LAMEI [MED 1]

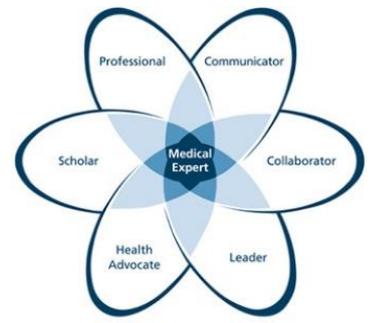
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CanMEDS

The CanMEDS are 6 skills that physicians need to excel in. Showcasing how your lived experiences have contributed to your development of the CanMEDS skills is the main goal of the CASPer. Before test day, sit down and reflect on your experiences. How have they contributed to each CanMED?

More information can be found here:

www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e



CANMEDS

Find a format that works for you

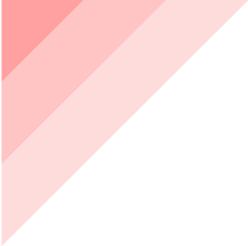
More important than WHAT decision you make is HOW you make the decision. Find a template that you can structure your answers around, so that your thought process will be clear. Whatever order you use, make sure to:

- 1) describe what you think the most pressing issue is,
- 2) explain what your responsibilities are,
- 3) investigate other potential explanations and don't assume, and 4) explore the pros and cons of your options.

Stating a specific course of action that you would definitely take is less important.



Medical Mentor Community



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Spend some time on the CASPer website

Did you know that using bullet points to answer questions is perfectly acceptable? What about that you can leave an answer entirely blank and not lose any points, as long as you covered that question in another one of your answers at the same station? Did you know that each station is marked by a different person?

The best source for tackling your CASPer is the official CASPer site, and any time spent there is definitely a valuable investment.

Ask your friends and family for their perspective



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There are many free CASPer scenarios available, including on the CASPer site. Take your best shot at it first, and then ask others what they think. If they mention a perspective you hadn't considered, take note of that. Many of the perspectives come up in multiple different scenarios (ex. making excuses for someone who made a mistake, considering societal implications, advocating for the impact something may have on marginalized groups, etc.). Having a list of perspectives is a good place to fall back on if you get stuck.

