**CASPer resources**

**General tips:**

* Avoid wasting time watching “how to ACE your CASPer test” type videos, having a structure is needed, but the MAIN way to prep for this test is to DO (practice) not to listen.
* Do not rush through practice, you will realize each question is gold, so take your time and utilize every question with proper practice (your full attention).
* Review your response to every question! After you deliver a timed response, go back and see what you would have changed if there was no time constraint.
* Try to build a running doc of personal experiences that you have “takeaways” for, as many personal questions can be responded to with the same personal experience.
* *Get feedback Get feedback Get feedback Get feedback.*

For the videos with an actual expert response, don’t just watch the video entirely, pause after the prompt and try to answer the questions like you would on the actual test. Then resume and make notes on areas you could improve based on the expert response.

**Top tier practice**

* The CASPer practice test provided on your ALTUS account!
* **<https://caspertestprep.com/CASPer-Sample-Questions.html>**

***Other practice***

**Text prompts**:

* <https://www.youtube.com/watch?v=tx3ezVkB2A4&t=204s&ab_channel=BeMoAcademicConsultingInc>.
* <https://www.youtube.com/watch?v=upnkf1SRSiE&t=3s&ab_channel=BeMoAcademicConsultingInc>.
* <https://www.youtube.com/watch?v=8M1aNg_NxHI&ab_channel=BeMoAcademicConsultingInc>.
* <https://www.savvypremed.com/blog/3-practice-casper-questions-and-best-responses>
* <https://www.youtube.com/watch?v=f6Y6JyeWwk4&ab_channel=DENTTWEETS> 🡪 **SKIP TO 8:13**
* <https://bemoacademicconsulting.com/blog/sample-mmi-practice-questions> --> Although these are MMI prep questions, they are great practice for CASPer (300Qs!)

**Video prompts:**

* <https://www.youtube.com/watch?v=l6adxuPMhxw&ab_channel=PassportAdmissions>
* <https://www.youtube.com/watch?v=85K0XAbBfGw&ab_channel=MedApplications>
* <https://www.youtube.com/watch?v=Lmy3KH_AZk8&ab_channel=PassportAdmissions>
* <https://www.youtube.com/watch?v=AzNX7yPcqWA&ab_channel=BeMoAcademicConsultingInc>.

**Non-prep resources (NOT PRACTICE, should be lowest on priority)**

* <https://www.youtube.com/watch?v=62uzltImdXs&list=PL7_rFJrlSF5w509nQtzp7IGIPI8RH8RG1> 🡪 BEMO playlist going over some CASPer prep tips, a lot of it is redundant, don’t take everything too seriously. BUT could be a good refresher

***Note****: the practice below is all free, however, there are some paid resources which provide feedback on your response. If you do not have a study budy or some sort of feedback source, it may be worth looking into some of them (many prep ranging from ~100-400$)*

*Jayden’s template:*

**This is by no means the “right” way**, this is just an example of a structural layout that I created for myself that I found worked. At the beginning of my practice I found sticking to a rigid structure helpful (like **training wheels**), but as I got more familiar and comfortable with the question types, I did not need the template as a guide.

**Scenario Questions**

1. **Pressing issue**:
	1. “As a \_\_\_\_ I am concerned about \_\_\_ and \_\_\_\_”
2. **Gather more information**:
	1. “not jumping to any conclusions, I would ask \_\_\_\_\_[sources] \_\_\_\_\_[info that will help you with the if/then statements]”
	2. “At first glance it appears \_\_\_\_ but I would need to gather more information”
	3. “In a non-confrontational way I ask to meet privately with \_\_\_\_\_ and ask why \_\_\_\_ is occurring”
3. **Solutions:**
	1. “If I discover \_\_\_ then I will \_\_\_, If I discover \_\_\_\_ then I will \_\_\_\_”

**Opinion Questions**

1. **Show awareness:**
	* “\_\_\_\_ is a highly debated topic, such is the case with \_\_\_\_”
	* “\_\_\_\_\_[action] is a very grey area”
2. **Pros and cons:**
	* “If \_\_\_ then [pro], But if \_\_\_ then [con]”
	* “in some cases \_\_\_\_[pro], but in some cases \_\_\_\_[con]”
3. **Solutions OR alternatives:** I
	* “Overall, I am for/against \_\_\_\_, if \_\_\_\_ to consider \_\_\_\_” OR “I am for/against \_\_\_\_ as long as \_\_\_\_\_ is taking place to consider \_\_\_\_”

**Personal Questions**

1. **Personal example:**
	* “At my time \_\_\_\_, I did \_\_\_\_”
	* “I was responsible for \_\_\_\_\_ during my time \_\_\_\_”
2. **Takeaways:**
	* “from this experience [specific experience] I learnt \_\_\_\_”
	* “this experience taught me \_\_\_, \_\_\_”
3. **Future application:**
	* “physicians need to \_\_\_\_\_; thus this experience will make me a better future physician”
	* “[new skill] will aid me in my medical future since, physicians need to \_\_\_\_\_\_”