

# CASPER EXAM INFO AND TIPS

## Purpose of Casper:

The Casper exam evaluates your personal and professional characteristics that make a well-rounded and compassionate person capable of handling the challenges and responsibilities of a healthcare professional. It is about showcasing your communication skills, empathy, ethical reasoning, and problem-solving skills and not your medical knowledge

## Skills Tested:

- Ability to express thoughts and ideas clearly and concisely
- Effective use of written and verbal communication
- Active listening and comprehension skills
- **Empathy and Compassion:**
  - Demonstrating understanding and concern for others
  - Ability to consider different perspectives and experiences
  - Sensitivity to emotional and cultural differences
- **Ethics and Professionalism:**
  - Understanding and applying ethical principles in challenging situations
  - Maintaining integrity and honesty
  - Demonstrating professionalism and respect towards others
- **Problem-Solving and Critical Thinking:**
  - Identifying and analyzing key issues in complex situations
  - Generating effective and ethical solutions
  - Demonstrating sound judgment and decision-making skills
- **Collaboration and Teamwork:**
  - Ability to work effectively with others
  - Respecting and valuing diverse opinions
  - Contributing constructively to group discussions and decisions
- **Self-Awareness and Resilience:**
  - Recognizing personal strengths and weaknesses
  - Adapting to challenging or stressful situations
  - Demonstrating a commitment to personal and professional growth
- **Motivation and Equity:**
  - Showing genuine interest in helping others and contributing to society
  - Understanding and addressing issues of inequality and bias
  - Demonstrating a commitment to fairness and social justice

## Test layout

- **Two main sections with 14 total scenarios**
  - **Video-Based Scenarios**
    - 6 short video scenarios with two questions at the end of each
      - For each scenario
        - You will be told what your role is (friend, colleague, etc.)
        - You will be shown a video
        - You will be given an optional 30s reflection period
        - You will be given 1m to record your video for each response for the two questions
  - **Typed-Response Scenarios**
    - 8 written scenarios with three questions at the end of each
      - For each scenario
        - You will have 5m to type your responses to all three questions

## Test Timing

- Takes 90-110 minutes to complete
- It progresses automatically whether you are ready for the next one or not
- There is no going back to previous questions/scenarios
- Breaks are optional
  - 10m break after the video response section
  - 5m break halfway through the written response section

## Test Scoring

- Each response is reviewed by a different evaluator on a scale of 1-9
- Score is sent to your selected schools 2-3 weeks after you take the test
- You can check your score on the Casper website 3-4 weeks after you take the test
- Can only take it once per admissions cycle
- Score lasts 1 full admissions cycle

## System Requirements (computer specs and other equipment)

- You need a computer, microphone, webcam, and internet connection
- You will have to do a systems requirement test within 6 hours of when you are scheduled to take the test
- You should take the actual test with the same equipment and in the same place as when you did the systems requirement test

## How to Prepare:

- **Understand the format:** Familiarize yourself with the types of scenarios, question formats (typed and video), and time constraints.
- **Practice with online scenarios/questions:** Use the Casper website and other resources for practice questions. This will help you get used to the interface and timing.
- **Focus on skills:** Work on your reading comprehension, typing speed, and ability to articulate your thoughts clearly and concisely.
- **Develop frameworks:** Learn ethical principles (autonomy, beneficence, non-maleficence, justice) and communication techniques (active listening, empathy) to add to your toolbelt to utilize when necessary.
- **Review medical ethics:** While not required, some basic knowledge of common ethical dilemmas in healthcare can be helpful. Do your research!

## During the exam:

- **Time management:** Read the scenarios and questions carefully but quickly.
- **Prioritize key points:** Identify the main conflict or issue in each scenario and the key individuals involved.
- **Consider multiple perspectives:** Demonstrate your ability to understand different viewpoints and the potential impact of various actions on the people involved.
- **Identify ethical considerations:** Show that you've considered the ethical implications of the situation and potential solutions.
- **Communicate well:** Use clear and concise language. Avoid jargon and ensure your responses are professional and respectful.
- **Stay calm:** Manage your stress levels and remain composed throughout the exam. Take deep breaths if needed.
- **Think of all your experiences:** Reflect on personal experiences or hypothetical situations relevant to healthcare scenarios. This will help you bring in examples during your exam.
- **Practice typing:** Work on your typing speed and accuracy.
- **Get help/feedback:** If possible, give/say your practice responses with friends, family, or mentors to get feedback.
- **Be yourself:** Let your real personality and values come across.
- **Avoid trying to be perfect:** Focus on clarity and thoughtfulness in your answers, not perfection. This exam is more about content rather than spelling/grammar.

### **Video Response Specific Tips:**

- **Body language:** Maintain good posture, make eye contact with the camera, and use natural hand gestures.
- **Verbal communication:** Speak clearly and at a moderate pace. Avoid filler words or long pauses.
- **Conciseness:** Get to the point quickly/don't ramble! You don't have endless time.

### **Tips On Formatting/Framework For Responses:**

1. Identify the Key Issue:
2. Highlight Multiple Perspectives/Express Empathy:
3. Identify the Ethical Dilemma/Conflict:
4. Consider Multiple Impacts:
5. Propose Solutions/Actions:
6. Justify Your Answer:
7. Acknowledge Limitations and Further Steps:

**Scenario example:** A patient with a terminal illness refuses further treatment, despite the physician's belief that it could prolong their life.

### **Response example:**

- The central issue is the conflict between the patient's right to autonomy and the physician's duty to provide care.
- It's crucial to respect the patient's wishes while ensuring they are fully informed about their decision and its consequences.
- The physician could engage in a compassionate conversation, exploring the patient's reasons for refusing treatment and addressing any concerns they may have.
- Additionally, the physician could involve a palliative care team to ensure the patient's comfort and quality of life are prioritized.
- Ultimately, the patient's autonomy should be respected, and the focus should shift towards providing comprehensive palliative care and emotional support.
- Open communication can build trust and help the patient feel heard and understood, potentially leading to a more collaborative approach to treatment."
- In this situation, I would prioritize open communication and attempt to understand the patient's perspective before exploring alternative treatment options or involving other healthcare professionals.