

# CASPer SJT Entry test Study Plan

Step	Action	Description	Platform / Tools
1	Complete All Core Lessons	Work through every lesson to build competency in ethics, communication, professionalism, reasoning and safety.	AGPT Portal – Lesson Modules
	Lesson 1: Introduction to the CASPer Style SJT	Learn structure, format, scoring and competencies.	
	Lesson 2: Ethical Decision Making in the SJT	Understand frameworks for ethical dilemmas.	
	Lesson 3: Mastering Communication Skills	Improve clarity, structure and professionalism.	
	Lesson 4: Teamwork, Collaboration and Leadership	Strengthen inter-professional skills.	
	Lesson 5: Cultural Competence	Learn culturally safe practice.	
	Lesson 6: Patient Safety and Quality of Care	Recognise risks and escalate concerns safely.	
	Lesson 7: Medico-Legal, Professionalism and Integrity	Avoid breaches and maintain safe practice.	
	Lesson 8: Clinical Reasoning and Decision Making	Learn how to structure answers logically.	
	Lesson 9: Time Management and Prioritisation	Manage competing demands under pressure.	
	Lesson 10: Empathy and Emotional Intelligence	Demonstrate compassion and patient-centred care.	
	Lesson 11: Professional Development and Self-Care	Build reflection and stress-management skills.	
	Lesson 12: CASPer “IDEALS” Exam Techniques	Apply the IDEALS method to every answer.	
2	Start With Intro Webinars (if time is limited)	Begin with the recorded introductory webinars from <b>Webinar 2 (14th April)</b> for rapid orientation.	AGPT Portal → Webinar Library
3	Begin Practising Early	The only way to improve is consistent time-pressured practice.	GP Institute Website → CASPer QBank & Mock Exams
4	Use Two Windows for Study	Use the separate portals so trainees can open lessons and QBank simultaneously.	AGPT Portal + GP Institute Website
5	Practise Timed Answers	Train to satisfy all competencies within strict time limits.	CASPer Mocks (Timed Mode)
6	Attend Live Webinars	Weekly Saturday sessions, increasing to twice weekly as trainee numbers grow. Provides live feedback and correction.	GP Institute Live Webinars (Zoom)
7	Review and Refine	Identify weaker competencies and re-attempt scenarios to improve scoring consistency.	AGPT Lessons + QBank Review