



Information about FMPProC (Family Medicine Professional Choices)

Summary

- All applicants to ALL Canadian Family Medicine Programs, in the 1st **and** 2nd rounds of the CaRMS cycle, are required to sit an online Situational Judgement Test (SJT), called “FMPProC” (Family Medicine Professional Choices).
- This will help us better assess 4 selected attributes in our applicants that are critically important to being a Family Physician: Professional Integrity, Adaptability, Team Collaboration, and Empathy/Compassion.
- There are two different test windows:

CaRMS First Round:

Registration:

Opens: September 10th, 2025, at 12 noon ET

Closes: October 30th, 2025, at 12 noon ET

Test Window:

Opens: October 23rd, 2025, at 12 noon ET

Closes: November 6th, 2025, at 12 noon ET

CaRMS Second Round:

Registration:

Opens: February 23rd, 2026, at 12 noon ET

Closes: March 9th, 2026, at 12 noon ET

Test Window:

Opens: February 25th, 2026, at 12 noon ET

Closes: March 11th, 2026, at 12 noon ET

- For the first round:
 - If you register before October 21st, 2025, you will receive the test link on or before October 23rd, which can be accessed once the test window opens. If you register after October 21st, you will receive the test link within two business days.
- For the second round:
 - You will receive your test link within two business days of registering. Please do not leave registering and writing the exam for the last minute.

FAMILY MEDICINE PROGRAM INFORMATION

- ****Requests to register or to sit the test outside of the posted deadlines will NOT be considered**.** It is your responsibility to review the deadlines carefully. No exceptions will be made under any circumstances.
- **To register please visit www.fmproc.com**
- The registration cost for either test window is \$66 Canadian, which is exactly what it costs us to make this test available for you and to evaluate the test. Payment will be required at the time of your registration.
- Test scores from the 1st round CaRMS test window can be used for 2nd round CaRMS applications.
- If you already sat the test during the 1st round of CaRMS in the current selection cycle and are applying to programs in the second round, you are **not** permitted to sit the test a second time.
- All FM Residency Programs require the FMProC for both rounds of the upcoming CaRMS cycle, but you only need to register, pay for, and sit the test, once.
- The test will be available on a secure, online platform hosted by Evolve Assess®.
- There is a post-test evaluation that will take you 5 minutes to complete.
- After the exam, you will also be invited to participate in a **research project**. This project is designed to evaluate differences in test performance based on specific demographic groups of applicants sitting the test. **Please consider agreeing to the use of your de-identified data in this project as this will help in the ongoing evaluation of this assessment tool for fairness, equity, reliability, and validity in the Canadian Family Medicine context.**

FAQs

1) Why is the Program using this test?

We recognize the importance of assessing “non-academic” skills and attributes in selecting future family physicians. Up until now, this has been heavily reliant on reference letters and MSPRs, which have little evidence as selection tools. SJTs, like FMProC, have been shown to have good reliability and validity in relation to assessing these attributes and predicting future, in-training performance.

2) Why this FMProC and not CASPer®?

FMProC has been contextualized specifically for Family Medicine in Canada. This offers important advantages over existing selection tools. We have also developed, piloted, and evaluated the test in Family Medicine to ensure clear relatedness to being a FM Resident and mitigating, as much as possible, any potential for this assessment tool to disadvantage or advantage any specific group of applicants, particularly those currently under-represented in Family Medicine.

3) What kind of questions are used in FMProC and how are they scored?

FMProC is designed to assess four attributes, which were identified as being important to the role of a Family Medicine Resident. These attributes are:

- Professional Integrity
- Team Collaboration
- Adaptability
- Empathy and Compassion

There are two types of question formats included in the FMProC: Rating and Ranking.

Rating: You will be asked to independently rate each of the 4-8 response options on a 5-point scale (e.g., between ‘very desirable’ and ‘very undesirable’), in responding to the situation.

Your answers are marked by comparing your responses to a standard set by a panel of Subject Matter Experts. The closer your response is to the model response, the more marks you are awarded.

Ranking: You will be asked to rank the 5 response options presented in order of their desirability or importance in response to the situation (from ‘most desirable’ to ‘least desirable’, or ‘most important’ to ‘least important’).

Your answers are marked by comparing your responses to a standard set by an expert panel. The closer your response is to the model response, the more marks you are awarded.

Practice examples of both types of questions are available on www.fmproc.com.

4) Do I need to sit CASPer® and FMProC?

The participating Family Medicine programs only require that you sit FMProC. However, you may also have to sit CASPer® if you apply to any other program, Family Medicine or otherwise, that requires CASPer®.

Please make sure you read other program descriptions carefully.

5) How long is the test?

FMProC is a 75-minute online test. If you have pre-approved testing accommodations, you are eligible for extra time on the test. Please refer to the separate FAQ document for additional information and the process of requesting extra time.

6) How does FMProC ensure no specific group of applicants are at a disadvantage?

The development and modification of the scenarios in FMProC has involved input from subject matter experts and several leaders with different perspectives, roles and experiences. This has included Family Physicians, Educators, FM Residents and Medical Students, Indigenous Health, Rural and Remote FM, 2SLGBTQ+, anti-racism, IMGs and more. We have specifically included groups under-represented in medicine to ensure, as much as possible, that no group is disadvantaged by the test format or content.

7) Why is there an overlap between the registration period and testing window?

In response to feedback from previous applicants, the FMProC project team developed a new workflow to allow more registration flexibility. In the first round of CaRMS, if you register before October 21st, 2025, you will receive the test link on or before October 25th and thus will have the whole test window to sit the exam. If you register after October 21st, you will receive the test link within two business days.

Requests to register or to sit the test outside of the posted deadlines will not be considered.

8) What happens to my FMProC score?

Your score, matched only to your CaRMS ID number, will be shared with all the participating Programs before the application deadline. Scores will not be shared outside the participating Programs and because the scores are referenced by CaRMS ID numbers, only the Program or Programs you apply to will be able to match your score to your name/application.

9) How will Programs use my FMProC score?

Each one of the participating programs will individually decide what weight to assign the FMProC score as part of your overall selection score.

The programs do not use your score in making decisions about interview offers.

10) Do I receive my FMProC score?

Your FMProC score will be submitted to CaRMS and automatically uploaded into your individual applicant account.

You will receive an email notification from CaRMS when the FMProC score has been uploaded into your account.

Your FMProC score will also automatically be assigned to any Family Medicine program(s) you have applied to.

11) What do I need to sit FMProC?

You need a device with reliable, online access and an enabled camera. The use of a cell phone to access the test is not recommended. You will also need your CaRMS ID number and some form of Government-issued photo ID.

12) How does FMProC ensure it's me sitting the test?

You will be asked to take a photo of yourself before commencing the test. The system ensures it can read the face in the picture and then continues. The system next asks the applicant to hold their government-issued ID up to the camera. Once again, the system will ensure it detects the face in the Government-issued ID before continuing. The system must be able to confirm that the first picture and the Government-issued ID picture match before continuing. During the test, the system randomly selects a photo-grab from applicants sitting the test and compares them with their initial photo. The system also monitors for multiple faces, new faces, looking down or to the side too much, or other suspicious activity, like changing browser windows or taking screenshots during the test etc.

The test will be stopped if the system detects anything suspicious. Full details and tips regarding exam security will be provided at the time of registration.

13) How do I prepare for the FMProC test?

No preparation is needed for this test apart from reading the instructions and reviewing the example and practice questions available at www.fmproc.com. This SJT does not assess clinical knowledge, and there is no need to study for the test.

This SJT has been contextualized for Family Medicine so accessing any generic SJTs available online, as a means of preparing for this test, may be disadvantageous.

14) I see registration is coordinated through Calgary. What happens if I am not applying to any of the Calgary Programs?

This is not a problem. The FMProC team works at “arm’s length” from all the Programs, including Calgary. There is no contact with any Programs directly except when the scores are provided by the FMProC team to all the participating Programs based on CaRMS unique IDs only.

15) How do I give feedback about FMProC when I have finished the test?

Upon completion of FMProC, you will be asked to complete a short, post-test evaluation that will only take 5 minutes of your time.

Although not directly related to providing feedback, by agreeing to the use of your de-identified data in the validation research project, you will be helping to develop the evidence for the test's fairness, reliability, and validity in FM Residency selection.

16) Is FMProC a requirement in the 2nd round of CaRMS 2026?

Yes, please read program descriptions carefully.

17) If I completed the test during the 1st test window, am I allowed to write the test again during the 2nd test window?

No, you are only permitted to complete the test once per CaRMS cycle.

18) What if I changed my mind about applying to Programs requiring FMProC after I registered?

You can request your registration costs be refunded by contacting the FMProC Project Coordinator at admin@fmproc.com. The deadline to request a test refund for the 1st round CaRMS testing window is October 29th, 2025, 12 noon ET. The deadline to request a test refund for the 2nd round CaRMS testing window is March 4th, 2026, 12 noon ET.

19) If I have questions about FMProC, who do I contact?

Please review the website (www.fmproc.com), which contains up-to-date information and a separate FAQ document. If you have additional questions, contact the FMProC Project Coordinator at admin@fmproc.com