



Information about FMProC (Family Medicine Professional Choices)

Summary

- Please read the following information fully before applying.
- 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 “FMProC” (Family Medicine Professional Choices).
 - Please note: An exception to this is that **graduates of Queen's MDFM program, applying outside of CaRMS to Queen's FM residency programs, do not need to write the FMProC but are still required to do so if applying to any FM programs outside of Queen's.**
- The FMProC exam assesses 4 selected attributes that are critically important to being a Family Physician: Professional Integrity, Adaptability, Team Collaboration, and Empathy/Compassion.
- **Important:** Please note that the registration process for the FMProC exam has changed this year. Please see the instructions on page 3.
- There are two different test windows:

FMProC First Round:

Registration:

Opens: September 10th, 2026, at 10 am ET

Closes: October 22nd, 2026, at 10 am ET

Test Window:

Opens: October 15th, 2026, at 10 am ET

Closes: October 29th, 2026, at 10 am ET

FMProC Second Round:

Registration:

Opens: February 22nd, 2027, at 10 am ET

Closes: March 8th, 2027, at 10 am ET

Test Window:

Opens: February 24th, 2027, at 10 am ET

Closes: March 9th, 2027, at 10 am ET

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- For the first round:
 - If you register and pay for the exam before October 13th, 2026, you will receive the test link on or before October 15th, which can be accessed once the test window opens. If you register after October 13th, 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 and paying for the exam. Please do not leave registering and writing the exam until the last minute.
- ****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 <https://fmproc.ucalgary.ca/>**
- The registration cost for either test window is \$66 Canadian Dollars. Payment will be required after you register and set up your account on our website.
- 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.
- If you require accommodation, please read question nine in our FAQ below to learn how to request it.
- 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.
 - As above: graduates of Queen's MDFM program, applying outside of CaRMS to Queen's FM residency programs, do not need to write the FMProC but are still required to do so if applying to any FM programs outside of Queen's.
- 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.
- A week after the exam, you will also be invited to participate in a **research project**. This project is designed to evaluate differences in test performance across specific applicant demographic groups 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.**

Registration Instructions

Registration for the FMProC exam has been updated for this cycle. Our new website is <https://fmproc.ucalgary.ca/>. Our previous website www.fmproc.com will redirect you to the new website.

On the <https://fmproc.ucalgary.ca/> website, you will find all the pertinent information for the exam.

Registration process:

1. Navigate to <https://fmproc.ucalgary.ca/>
2. Click on “Register”
3. Press “Create new account” or “Create here”. Please fill in your CaRMS ID (in format of XX-111-XX-111), first name, last name, your email address that you would like to receive the test link at, and a password.
4. After you register, you will receive an email at the email address you have provided asking you to complete the registration process by clicking the link below. Clicking the link will confirm your email address and finalize your account creation.
 - i. Please note that this link will only be active for 2 hours. If you do not click on the link within the allotted time, you will have to request “Resend Confirmation” on the login page at <https://fmproc.ucalgary.ca/>
5. After you finalize your account creation and log in, you will be able to pay for your registration. Click on “Make a Payment”, which will take you to the payment portal.
6. Enter your correct method of payment and press “Pay”
7. Once your payment has been processed, you will then be taken to an order confirmation page, and an order confirmation email will be sent to your email address.
 - a. This order confirmation email is not your link to the exam. You will receive a separate email with the exam link according to the schedule below:
 - i. For the first round, if you register and pay before October 13th, 2026, you will receive the test link on or before October 15th and thus will have the whole test window to sit the exam. If you register after October 13th, you will receive the test link within two business days.
 - ii. For the second round, you will receive a test link within 48 business hours of registering and paying for your exam.
 - b. You can also always view your order when you log in by clicking on “Payment History”.
8. After you receive your order confirmation email, your registration is complete. As described above, the exam link will be sent to you in a separate email.

FAQs

1) What is FMProC?

FMProC is a Situational Judgement Test. Situational Judgement Tests (SJTs) are designed to assess applicants' judgement regarding situations encountered in the workplace or during training. Applicants are presented with a set of hypothetical scenarios and asked to make judgements about possible responses. Applicants' responses are evaluated against a pre-determined scoring key to provide a picture of their situational judgement in that particular context. SJTs have become increasingly popular over the last 20 years and are used mostly in large-scale selection processes, often at the shortlisting stage, but can also form part of workplace assessment to highlight employee development needs. The research literature indicates that SJTs have significant validity in predicting job performance and can offer incremental validity over methods such as ability tests and personality questionnaires.

2) How was FMProC developed?

The development of FMProC has been carried out by researchers from Work Psychology Group (WPG) in collaboration with members of the FMProC Team and Program Directors from the participating programs. FMProC has been designed to measure 4 attributes that are considered important for a career in Family Medicine in Canada: empathy & compassion, adaptability, team collaboration, and professional integrity. The scenarios are designed to reflect important real-life situations to test applicants' judgement, attitudes, and ethical values rather than knowledge or clinical skills. The scenarios have been contextualized to reflect the role of a Family Medicine Resident in Canada. The SJT has also been developed in collaboration with a diverse range of stakeholders to ensure fairness and representation of a diverse range of scenarios and characters.

3) Why are family medicine programs 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 medical student performance records, which have little evidence as selection tools. FMProC has been shown to have good reliability and validity in relation to assessing these attributes and predicting future in-training performance.

4) 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 Family Medicine 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.

5) 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.

1. **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.

2. **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.

Examples of both types of questions can be found at the end of this document and on our website at: <https://fmproc.ucalgary.ca/> The examples on our website also include scoring keys for each question and accompanying justification.

****IMPORTANT****

Please pay attention to the desirability scale when choosing your responses. i.e. if you are choosing “Most desirable”, please check that your choice corresponds to this on the scale provided in the question.

In the past, a small number of candidates have, without realizing it, “inverted” their responses e.g. choosing the “Least desirable” option when they intended to choose the “Most desirable” option. **If you make this mistake, we will NOT correct this for you and your score will stand based on the responses you have provided.**

6) 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.

7) 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 see the accommodation question below.

8) How does FMProC ensure no specific group of applicants is at a disadvantage?

The scenarios in FMProC are developed and modified based on input from subject matter experts and several leaders with different perspectives, roles and experiences. This has included Family Physicians, Educators, Family Medicine Residents and Medical Students, Indigenous Health, Rural and Remote family physicians, 2SLGBTQ+, anti-racism, international medical graduates (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.

9) What if I have any specific accommodation requirements?

If you are a Canadian medical student, please email admin@fmproc.com requesting accommodation and provide a letter from your university, detailing what accommodation has been agreed on. Based on this, we will provide appropriate additional time. Additional time is the only accommodation that we provide.

If you are an international medical graduate, please email admin@fmproc.com requesting accommodation and provide a letter confirming the specific accommodation agreed upon for you by a recognized medical examination organization in Canada, the Medical Council of Canada (MCC). This would include any confirmation letter related to the NAC OSCE as this is overseen by the MCC. We will apply the appropriate accommodation, based on this, to your test.

This information will not be shared with any of the programs you apply to.

To ensure the appropriate accommodation is applied to your test, please request and send the appropriate documentation by October 22nd, 2026, for the 1st test round and before March 8th, 2027, for the 2nd test round.

10) 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 13th, 2026, you will receive the test link on or before October 15th and thus will have the whole test window to sit the exam. If you register after October 13th, 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.

11) What happens to 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. It will be uploaded before the CaRMS application deadline.

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

12) How will Programs use my FMProC score?

Each one of the participating programs will individually decide how to use your score and what weight to assign your FMProC score as part of their overall ranking.

13) What do I need to sit FMProC?

To sit the FMProC, applicants are required to have access to a modern web browser, with reliable internet and a device that has a camera. Acceptable browsers include Google Chrome, Edge, Firefox, Safari, or Chromium-based browsers. The use of a cell phone or tablet to access the test is not recommended. You will also need your CaRMS ID number (in the format XX-111-XX-111), and some form of Government-issued photo ID. The exam can be written from any country if you have uninterrupted internet access.

14) What happens if I have technical difficulties during the exam?

If you experience technical difficulties during the test, please contact support@evolveassess.com (in English or French), referencing your CaRMS ID (in the format XX-111-XX-111), and the technical difficulties that you experienced.

Important: You will receive a response to your email within 24 hours based on the following:

- Requests received Monday to Thursday will be responded to the following business day.
- Requests received on a Friday to Sunday will be responded to on the following Monday.

15) 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.

16) 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 <https://fmproc.ucalgary.ca/>. FMProC does not assess clinical knowledge, and there is no need to study for the test.

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

We do not host or endorse any FMProC prep courses or books.

17) 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 direct contact with any programs, except when the FMProC team provides scores to all participating programs based on CaRMS unique IDs only.

18) 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 Family Medicine Residency selection.

19) Is FMProC a requirement in the 2nd round of CaRMS 2027?

Yes, please read program descriptions carefully.

20) 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. You are also only allowed to register for and pay for the exam once per CaRMS cycle. The website will not allow you to create another account or pay for the exam again using the same CaRMS ID within the same CaRMS cycle.

21) What if I changed my mind about applying to programs requiring FMProC after I registered?

You can request a refund of your registration fees 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 22nd, 2026, 10 am ET. The deadline to request a test refund for the 2nd round CaRMS testing window is March 4th, 2027, 10 am ET.

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

Please review the website (<https://fmproc.ucalgary.ca/>) for up-to-date information. If you have additional questions, contact the FMProC Project Coordinator at admin@fmproc.com.

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FMProC Question Examples:

Example of a Ranking Scenario

“Nullah has been working as a resident in a rural Family Medicine Clinic for three months and a patient, Ms. Verne, has come in reporting that she has severe abdominal pain. This is the third time Ms. Verne has come in with the same condition and Nullah has conducted all her previous assessments. Nullah greets the patient in the waiting room but when Ms. Verne sees him, she says “No, I do not want you as my doctor again. You cannot find out what is wrong with me. Please go and get a more experienced doctor.”

Response Instructions: **Rank in order** the following actions for Nullah to take in response to this situation (1= Most desirable; 5= Least desirable).

NB- Please remember to consider the response for each possible action **in relation to the other possible actions** (i.e., so each rank 1-5 can only be applied once).

	Rank
Assure the Ms. Verne that he will do his best to find out the cause of her pain.	
Ask his supervising physician to assure Ms. Verne that he is capable of -ing her.	
Offer to find a more senior colleague to assess her instead.	
Remind Ms. Verne that he is qualified to assess her.	
Suggest to Ms. Verne that she return another day when he is not working.	

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Example of a Rating Scenario

“Lola, a FM resident, is observing a patient consultation in a Family Medicine Clinic. The patient has attended as he has a rash on his stomach that he has had for a long period of time and is concerned about. The patient removes his shirt to have the rash examined and makes a joke about his own weight at the same time. Lola laughs at the patient’s joke; however, the patient looks upset and offended by this.”

Response Instructions: How desirable are *each* of the following responses by **Lola** in this situation?

(Very desirable; Somewhat desirable; Neither desirable nor undesirable; Somewhat undesirable; Very undesirable)

Important: Please remember to consider the response for each possible action **independently from the other possible actions** (i.e., it is possible to apply a response such as “Somewhat desirable” to more than one option).

	Very desirable	Somewhat desirable	Neither desirable nor undesirable	Somewhat undesirable	Very undesirable
Acknowledge to the patient that she should not have laughed.					
Make a joke about her own weight to the patient					
Continue to laugh at other things during the consultation					
Ask the patient if she has offended him					
Apologize to the patient for laughing					
Ask the patient if there was a reason that he made a joke about his weight					
Ask the patient if he would be happy for her to remain in the room for the remainder of the consultation					