

# **PEARLS OF WISDOM AND MOTIVATION FOR CASC**

*Believe in yourself and be optimistic. Being modest and aware of one's limitations is one thing, being successful in anything is another. The key thing in my view is how confident you can present yourself.*

*I feel compelled as the author of this book to write a few words aka pearls of wisdom for the CASC. Believe me that I go through the exams each time you do, and I will share your success and your failures. I have been in such a privileged position to cross paths with so many amazing and competent colleagues, and it pleases me when they pass and move on to their higher training, which in a way I feel I would have succeeded. For those that still struggle with exams, my advice is simple...perseverance is the key to success and if at first you don't succeed, try and try again. Ultimately we all do pass this exam...., which was the*

*ultimate goal of this book to assist those equally deserving colleagues to pass their exams.*

*The main ingredients for success in the CASC exams are in my view are the following C's*

- 1. Considerate listening (listening is a key skill). You have to listen to the person in front of you as you will miss important cues if you don't.*
- 2. Confidence – you need to come across confident and in control of the interview.*
- 3. Communication which is clear, to the point and crisp. A good introduction using information provided and summarizing in last minute or 30 seconds is a must. Communication is improved by practicing the stations regularly in your groups. Also attend courses and mock exams to get feedback on your communication skills.*
- 4. Composed and focused at all times. Do and stick to the task.*
- 5. Consider risks at all time -college wants a safe doctor and psychiatrist.*
- 6. Compassion and empathy -consider how the other person feels-actually put yourselves in their shoes to understand and feel this.*
- 7. Consistent and comprehensive approach with adequate preparation, knowledge and practice of stations at least 3 or 4 times before exams. Know your ICD 10 as this is what the exam is about.*
- 8. Consultant approach -your mindset should already be this - you have already what it takes, you just need to believe it .Try to emulate a consultant you admire who exudes confidence and treats patients admirably .Be him or her for the next few weeks.*
- 9. Charismatic approach - and SMILE a lot appropriately of course.*
- 10. Chilled approach-be relaxed at all time. Seek GP advice if needed.*
- 11. CASC mantra- Your mantra for next few weeks should be: "I will pass the CASC exam " (say it, repeat often, believe it, stick these words on your mirror, desk, phone, or stand in front of the mirror and say this to yourself, do meditation or visualisation if need be for just even 5 minutes would be helpful.).*
- 12. CBT -Don't entertain any negative thinking from yourself or others and do some self cbt when and if you start thinking this...*

13. *Colleague support- I have succeeded and I am extremely grateful even today for those colleagues who have helped me...my CASC preparation groups, consultants, examiners, registrars, and members of my mdt. Seek their advice and help.*
14. *Critical view of your performance-be reflective, we all need to reflect and improve. Use negative feedback in a positive way.*
15. *Competent – aim to achieve the competencies required to be a psychiatrist.*

*The final key ingredients is infusing passion and love in what you do (personal and work), luck, and belief in yourself that you will pass and faith or prayers regardless of what religion you follow or not...If you're reading this, I believe you can pass, and if you have one person who believes in you, that's half the battle won, but you need to believe it too....*

***Thank you for reading my book and using the Pass the CASC videos  
Best of luck to you and my blessings to you that you will pass this CASC exam.***