# Casper and MMI reflection journal

After a practice or official Casper sitting, or after an MMI practice station, write what the scenario asked, what you said, and what you would do differently. Not a scoring guide.

NAME

DATE

## THE SITTING

TEST OR INTERVIEW DATE

FORMAT (CASPER, MMI, OR SCHOOL-NAMED FORMAT)

SCHOOL OR PROGRAM, IF ANY

OFFICIAL INSTRUCTIONS I READ

## REFLECTIONS

| Station or scenario (your words, no official content copied) | What I understood the question to be | What I said or did | What I would repeat or change |
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## AFTER THE SITTING

What value or trade-off did this scenario turn on, in my own words?

Who was affected, and what did I miss on the first pass?

*Casper is administered by Acuity Insights; MMIs are school-specific. Open those official pages for format, dates and fees. Do not copy live test content onto this sheet or share it.*

## SOURCES (CHECKED 2026-11-27)

Check current Acuity Insights' official Casper page on the official page. https://acuityinsights.app/casper/ (checked 2026-11-26)