



B&B DENTAL
INBDE® TEST PREP



study plan | 8 week

weeks

your B&B guide

Congratulations on your excellent choice to purchase the most **comprehensive, organized** INBDE prep course available!

We are here to help maximize your study time by providing all the material you need, organized in one place, with a study plan to guide you through it.

The goal of the INBDE is to test your ability to integrate your knowledge across the domains of dentistry as they apply to a clinical setting. For this reason, we have intentionally focused your study time on what has the **maximum clinical relevance**.

The content covered on the INBDE is vast and broad. The B&B team has sorted this content into 16 subjects which are layered in 3 tiers.

Each week has 6 study days and 1 day off, allocating 2 hours a day to study. You can use the off day as a well-deserved rest day, a catch-up day, or day to hammer weaknesses. This time estimate can obviously vary for each student, but is based on careful tracking for this 8-week plan.

Once you work through this 8-week plan you will feel more confident in your knowledge and prepared to dominate your exam!

weeks

your B&B guide

The B&B team guides you through this content in a “top-down” approach. We begin with tier one, the “pillars of dentistry” which are the most high-yield subjects. With a solid foundation, working first through these subjects is the perfect place to begin.

From tier one, we move into the “building blocks” tier, which are the shoulders upon which tier one stands. After tier two is where we enter tier three which is the “foundations” tier. This is your foundational knowledge upon which everything is built.

As you visualize the study process, please keep these things in mind. While foundations in each of the 16 individual subjects is essential, the overall goal of the exam is to INTEGRATE your knowledge. This is why we want you to spend significant time in the multi-disciplinary FK Questions as well as the Mock Exams.

Now... GO DOMINATE.

Note: If you feel you need a refresher in the foundational subjects you may benefit from a “bottom-up” approach to your studies. If this is you please begin with tier three, working backward from there.

Weeks

the good stuff

Pre-Test: Start with a Pre-Test to identify your strengths and weaknesses. After the test, take 15-20 minutes to review your results and determine areas of strength (go faster on these study days) and weaknesses (go a little slower.) **Star questions that you want to see in your "Saved Questions" bucket later!*

B&B Textbook: Each subject has a downloadable deck to accompany your studies. Our phenomenal instructors will walk you through these decks, highlighting the high yield content. These can be found under that subject's video page.

B&B Video Library: Navigate to page one of your deck and just push play. Take your time to really digest each subject. Pause, go back, or watch at 2x speed to really maximize your study time.

B&B Flashcards: These are meant to be fast-hitting Q&A to solidify each subject. "Star" those flashcards that you want to revisit in your "Saved Flashcards" bucket. Until you "un-star" each flashcard, it will continue to appear each time you go back for review.

FK Questions: These FKs are "a little bit of everything", but focus on the subject areas that you just reviewed in that tier. The INBDE itself is very multidisciplinary, so these FKs mimic this as much as possible. You will receive immediate feedback during these questions. Be sure to "star" questions that are giving you particular trouble. At the end of each FK, navigate to your User Dashboard to work back through those "starred" questions to really hammer out the trouble makers.

Mock Exams: The most important step! The last 8 days in this 8-week plan are devoted entirely to review and mock exams. Just like with any questions throughout the course, you can star questions during your review time to go back. Don't forget! You have to score a 70% or better to unlock the next level of mock exam. *These are not available within the app, with the intention to truly "mock" your exam environment.*

tier one

pillars of dentistry

Your first 3 weeks will be spent here. Take your time. These are your “higher priority” topics that jump right into clinical application.

○ Day one

Take practice test.

Review practice test results and identify strengths and weaknesses.

○ Day two

Download **Restorative Dentistry** pdf.

Watch all five **Restorative Dentistry** videos.

○ Day three

Review **Restorative Dentistry** flashcards.

Download **Pediatrics & Orthodontics** pdf.

Watch video one of **Pediatrics & Orthodontics** videos.

○ Day four

Watch remaining **Pediatrics & Orthodontics** videos.

○ Day five

Review **Pediatrics & Orthodontics** flashcards.

Download **Endodontics** pdf.

Watch two of the four **Endodontics** videos.

○ Day six

Watch remaining **Endodontics** videos.

Review **Endodontics** flashcards.

○ Day seven

Time for a well-deserved rest day! Or time to catch up if you've fallen behind or to hammer out those weaknesses!

tier one

pillars of dentistry

○ Day eight

Download **Prosthodontics** pdf.
Watch all four **Prosthodontics** videos.

○ Day nine

Review **Prosthodontics** flashcards.
Download **Periodontics** pdf.
Watch one of three **Periodontics** videos.

○ Day ten

Watch remaining **Periodontics** videos.
Review **Periodontics** flashcards.

○ Day eleven

Download **Oral Surgery** pdf.
Watch all four **Oral Surgery** videos.

○ Day twelve

Review **Oral Surgery** flashcards.
Download **Oral Radiology & Pathology** pdf.
Watch first two **Oral Radiology & Pathology** videos.

○ Day thirteen

Watch remaining **Oral Radiology & Pathology** videos.
Review **Oral Radiology & Pathology** flashcards.

○ Day fourteen

Time for a well-deserved rest day! Or time to catch up if you've fallen behind or to hammer out those weaknesses!

tier one

pillars of dentistry

- **Day fifteen**
Download **Physiology** pdf.
Watch all four **Physiology** videos.
- **Day sixteen**
Review **Physiology** flashcards.
Review all Saved flashcards.
- **Day seventeen**
Questions 1 - 190 **Pillars of Dentistry FK Questions & review.**
- **Day eighteen**
Questions 191 - 382 **Pillars of Dentistry FK Questions & review.**
- **Day nineteen**
Questions 383 - 572 **Pillars of Dentistry FK Questions & review.**
- **Day twenty**
Questions 573 - 762 **Pillars of Dentistry FK Questions & review.**
- **Day twenty-one**
Time for a well-deserved rest day! Or time to catch up if you've fallen behind or to hammer out those weaknesses!

tier two

building blocks

The next 9 days are for the subjects that we call the building blocks. These subjects are essential for understanding the practice of clinical dentistry.

○ Day twenty-two

Download **Growth & Development** pdf.
Watch all six **Growth & Development** videos.
Review **Growth & Development** flashcards.

○ Day twenty-three

Download **Pharmacology** pdf.
Watch all four **Pharmacology** videos.
Review **Pharmacology** flashcards.

○ Day twenty-four

Download **Population Health** pdf.
Watch all four **Population Health** videos.
Review **Population Health** flashcards.

○ Day twenty-five

Download **Practice Management** pdf.
Watch all three **Practice Management** videos.

tier two

building blocks

- **Day twenty-six**
Review **Practice Management** flashcards.
Review all Saved Flashcards.
- **Day twenty-seven**
Questions 1 - 124 **Building Blocks FK Questions & review.**
- **Day twenty-eight**
Time for a well-deserved rest day! Or time to catch up if you've fallen behind or to hammer out those weaknesses!
- **Day twenty-nine**
FK9 Questions 125 - 249 **Building Blocks FK Questions & review.**
& review
- **Day thirty**
Questions 250 - 373 **Building Blocks FK Questions & review.**

tier three

foundations

The next 11 days will be spent on foundations of dental medicine, tier three of your plan.

○ Day thirty-one

Download **Gross Anatomy** pdf.

Watch all four **Gross Anatomy** videos.

○ Day thirty-two

Review **Gross Anatomy** flashcards.

Download **Dental Anatomy & Occlusion** pdf.

Watch two of the four **Dental Anatomy & Occlusion** videos.

○ Day thirty-three

Watch remaining **Dental Anatomy & Occlusion** videos.

Review **Dental Anatomy & Occlusion** flashcards.

○ Day thirty-four

Download **Microbiology** pdf.

Watch two of the four **Microbiology** videos.

○ Day thirty-five

Time for a well-deserved rest day! Or time to catch up if you've fallen behind or to hammer out those weaknesses!

○ Day thirty-six

Watch remaining **Microbiology** videos.

Review **Microbiology** flashcards.

tier three

foundations

- **Day thirty-seven**
Download **Biochemistry** pdf.
Watch two of the four **Biochemistry** videos.
- **Day thirty-eight**
Watch remaining **Biochemistry** videos.
Review **Biochemistry** Flashcards.
- **Day thirty-nine**
Review all Saved Flashcards.
- **Day forty**
Questions 1 - 100 **Foundations FK Questions** & review.
- **Day forty-one**
Questions 101 - 200 **Foundations FK Questions** & review.

now go dominate

review + mock exams

The final 8 days of this 8-week study plan are devoted to review and mock exams. Don't skip this critical step of your board prep!

- **Day forty-two**
Time for a well-deserved rest day! Or time to catch up if you've fallen behind or to hammer out those weaknesses!
- **Day forty-three**
Review first half of saved **FK Questions**.
- **Day forty-four**
Review remaining **FK Questions**.
Mock Exam Level One.
- **Day forty-five**
Mock Exam Level One results review.
- **Day forty-six**
Mock Exam Level Two.
- **Day forty-seven**
Mock Exam Level Two results review.
Re-take Level Two Mock Exam if necessary or time permits.
- **Day forty-eight**
Mock Exam Level Three.
Mock Exam Level Three results review.
- **Day forty-nine**
Re-take Mock Exam Level Three if necessary or time permits.
Review Mock Exam Saved Questions.