



**B&B DENTAL**  
INBDE® TEST PREP



**Functional Knowledge**

Welcome to the B&B Functional Knowledge testing center. This area is loaded with questions, questions, and more questions. Over 3200 questions in Functional Knowledge are created and specifically tailored for each Functional Knowledge area on the INBDE® exam.

**Tip:** These questions are answered within the B&B Dental course. This is the best spot to spend the majority of your study time. If you are scoring poorly, don't panic. Just re-read your foundation in the Video Library and re-visit with Flashcards.

**Functional Knowledge 1**  
Develop these questions first and build your foundation for answering our Topics covered: Head and Neck Anatomy, Development and Embryology, Gross Anatomy, Dental Anatomy and Occlusion.

**Functional Knowledge 2**  
Continue to solidify your foundation for the subjects that will follow: Topics covered: Biomechanics, Physiology - Systems Pathology, Genetics.

**Functional Knowledge 3**  
See these questions until the end of your study plan as you will be asked questions on: Topics covered: Dental Materials, Biomaterials, Dental Radiology.

**Functional Knowledge 4**

**Functional Knowledge 5**

**Functional Knowledge 6**

study plan | 4 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 3.5 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 4-week plan.

Once you work through this 4-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.*

# 4 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 three days in this 4-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 11 days will be spent here. Take your time. These are your “higher priority” topics that jump right into clinical application.

### ○ Day one

Take Pre-Test.

Review Pre-Test results and identify strengths and weaknesses.

Download **Restorative Dentistry** pdf.

Watch all five **Restorative Dentistry** Videos.

### ○ Day two

Review **Restorative Dentistry** Flashcards.

Download **Pediatrics & Orthodontics** pdf.

Watch all four **Pediatrics & Orthodontics** Videos.

### ○ Day three

Review **Pediatrics & Orthodontics** Flashcards.

Download **Endodontics** pdf.

Watch all four **Endodontics** Videos.

Review **Endodontics** Flashcards.

### ○ Day four

Download **Prosthodontics** pdf.

Watch all five **Prosthodontics** Videos.

Review **Prosthodontics** Flashcards.

### ○ Day five

Download **Periodontics** pdf.

Watch all three **Periodontics** Videos.

Review **Periodontics** Flashcards.

Download **Oral Surgery** pdf.

Watch all four **Oral Surgery** Videos.

# tier one

## pillars of dentistry

### ○ Day six

Review **Oral Surgery** Flashcards.

Download **Oral Radiology & Pathology** pdf.

Watch all four **Oral Radiology & Pathology** Videos.

Review **Oral Radiology & Pathology** 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!

### ○ Day eight

Download **Physiology** pdf.

Watch all four **Physiology** Videos.

Review **Physiology** Flashcards.

Review all Saved Flashcards.

### ○ Day nine

Questions 1 - 254 **Pillars of Dentistry FK Questions & review.**

### ○ Day ten

Questions 255 - 508 **Pillars of Dentistry FK Questions & review.**

### ○ Day eleven

Questions 509 - 762 **Pillars of Dentistry FK Questions & review.**

# tier two

## building blocks

The next 6 days are for the subjects that we call the building blocks. These subjects are essential for understanding the practice of clinical dentistry.

### ○ Day twelve

Download **Growth & Development** pdf.  
Watch all six **Growth & Development** Videos.  
Review **Growth & Development** Flashcards.  
Download **Pharmacology** pdf.  
Watch all four **Pharmacology** Videos.

### ○ Day thirteen

Review **Pharmacology** Flashcards.  
Download **Population Health** pdf.  
Watch all four **Population Health** Videos.  
Review **Population Health** 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!

### ○ Day fifteen

Download **Practice Management** pdf.  
Watch all four **Practice Management** Videos.  
Review **Practice Management** Flashcards.  
Review all Saved Flashcards.

### ○ Day sixteen

Questions 1 - 187 **Building Blocks FK Questions** & review.

### ○ Day seventeen

Questions 188 - 373 **Building Blocks FK Questions** & review.

# tier three

## foundations

The next 6 days will be spent on foundations of dental medicine, tier three of your plan.

### ○ Day eighteen

Download **Gross Anatomy** pdf.  
Watch all four **Gross Anatomy** Videos.  
Review **Gross Anatomy** Flashcards.

### ○ Day nineteen

Download **Dental Anatomy & Occlusion** pdf.  
Watch all four **Dental Anatomy & Occlusion** Videos.  
Review **Dental Anatomy & Occlusion** Flashcards.

### ○ Day twenty

Download **Microbiology** pdf.  
Watch all four **Microbiology** Videos.  
Review **Microbiology** Flashcards.

### ○ 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!

### ○ Day twenty-two

Download **Biochemistry** pdf.  
Watch all four **Biochemistry** Videos.  
Review **Biochemistry** Flashcards.  
Review all Saved Flashcards.

### ○ Day twenty-three

Questions 1 - 200 **Foundations FK Questions** & review.



now go dominate

# review + mock exams

The final 5 days of this 4-week study plan are devoted to review and mock exams. Don't skip this critical step of your board prep!

- **Day twenty-four**  
Review all saved **FK Questions**.
- **Day twenty-five**  
**Mock Exam Level One.**  
Mock Exam Level One results review.
- **Day twenty-six**  
**Mock Exam Level Two.**  
Mock Exam Level Two results review.
- **Day twenty-seven**  
**Mock Exam Level Three.**  
Mock Exam Level Three results review.
- **Day twenty-eight**  
Review Mock Exam Saved Questions.