AndyRDH Suggestions for Studying

Studying is one of those things that there are so many different options and each person can have a different style. My recommendations are to really start focusing at least 8 weeks in advance and start with the foundations of learning in the format and order most students take their courses in the hygiene program.

4-8 weeks until test date:

Section 1) Microbiology, Nutrition, Human and Dental Anatomy

Section 2) Oral Pathology, Special Needs and Radiology, Periodontology (Section 2 takes the longest)

Section 3) Dental Materials, Clinic, Ethics, Community

Once done with this rotation and its still 4-8 weeks then go back and restart the same order above until it reaches 4 weeks until test date

2- 4 weeks until test date:

Section 1) Nutrition, Anatomy, Community, Special Needs

Section 2) Radiology, Pathology, Periodontology, Clinical Dental Hygiene

Note: Ethics, Microbiology and Dental Materials are skipped during this period unless you have extra time.

8-14 days until test date:

Study only the courses that have fewer questions on the exam:

- Microbiology
- Nutrition
- Ethics
- Community
- Dental Materials
- Dental and Human Anatomy

2-7 days until test date:

Study the courses that are most tested:

- Special Needs
- Clinical Dental Hygiene
- Radiology
- Pathology
- Periodontology

To study each course:

1) Take end of chapter questions in the book but write down answers on a separate sheet of paper and calculate your score
2) Study the content of the chapter
3) Retake the end of chapter questions
4) IMPORTANT – Review the chapter highlights, board alerts and anything that has not stuck in your head. Research shows if you do not review what you just studied within 24 hours then you lose 25% of what you just studied.