



Study Guide

22 DAY STUDY PLAN by Dentalelle

Studying

- Study **2 hours minimum** a day and 6 hours max
- Think about it in shifts - if you can, I suggest studying **2 hours in the morning, 2 hours in the afternoon** and **2 hours in the evening**. This avoids overwhelm and you can retain as much as possible!
- Or - study in two 3 hour shifts in one day
- Get enough sleep! Waking up at 4am to study is **NOT OK** :).

How to use this guide

- The following pages will guide you on modules to study over the next **22 days** - the pages can be done out of order if you wish, but I've designed them in a certain way to give your brain a break.
- Harder topics and easier topics are grouped together and mixed up in certain ways for a reason :)
- There are other topics you can study but these are the **MAIN** topics and module PDF's I want you to focus on.
- If you feel you have extra time, feel free to go through your notes, Dentalelle notes online and textbooks

Also

- Please watch **ONE previous recorded session in Dentalelle A DAY** (or 7 OVER A WEEK)
- You can pick any video you like PER DAY, doesn't have to be related to that module
- I always suggest mixing it up - so lets say you are reviewing oral pathology that day in your notes, watch a video on histology or anatomy for something different

Module 2

- Study this entire module with focus on **THE MOUTH** and **TOOTH DEVELOPMENT**
- Remember your eruption patterns and head and neck anatomy!
- **Histology**

- Diagrams really help when it comes to the major bones of the skull
- This should take you *4 days max!*

Module 4

- Study this entire module and **MEMORIZE** your **occlusion!** You **NEED** to know this for the exam and the real world 😊.
- Seniors and special needs
- Medical emergencies
- Study models
- **Periodontal disease** you will need to know the basics but not as much detail as a dental hygiene student would
- This should take you ***5 days max!***

Module 1

- A little module with focus on **ethics** and the basics in general
- Think what is right and what is wrong
- The Dental Assistant must always act in the most professional manner

- Introduction to dentistry and ethics
- Vital signs
- Extra-oral and Intra-oral

- This should take you *4 days max!*

Module 5

- **Radiography** and **infection control** – basics but a must know
- Study your **radiography processing** errors and how to correct them
- Also remember your methods of sterilization!
- This should take you *2 days only!*

Module 3

- **A big unit not to be missed!** This should take you *5 days max!*
 - Dental assisting procedures
 - Eruption patterns
 - Dental materials
 - The mouth
 - Chairside
 - And..rubber dam!
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- Take your time with this one – everything is a must know.

Mock Exams

- Take *2 days* and go over **some mock exams!** Watch videos and review review review
- You will find the mock exams you need in your Dentalelle membership login area!



Questions?

- Email me :) - andrea@dentalelle.com
- **Make sure to ask your questions in our private facebook group 'Students of Dentalelle Tutoring' for a faster response.
- Happy Studying!

