You have registered for the American Board of Pediatric Dentistry (ABPD) Qualifying Examination (QE)

A frequent question for program directors and the ABPD headquarters staff is, “How can I prepare for the board exam?” There is not a “one plan fits all” approach. Here are some simple steps that you can follow to successfully complete the challenging, yet rewarding, first part of the board certification process.

1. Review the ABPD website (www.abpd.org) soon after registering.
   a. QE Overview.
   b. QE Sample questions.

2. Be systematic in your study approach.
   a. Begin preparations soon after registering.
   b. Consult colleagues regarding how they prepared.
   c. Organize study materials.
   d. Utilize a study partner to review material.
   e. Set a study schedule.
   f. Study a little bit every day so that it does not become overwhelming.
   g. Cover all of the 8 domains listed on the ABPD website in your studies.
   h. Create flash/study cards (e.g.: “Jmemorize” – available at http://jmemorize.en.softonic.com/)

3. Become familiar with the examination specifications.
   a. Intended to assess understanding of the scientific and biological principles that support the practice of pediatric dentistry, as well as current literature relating to pediatric dentistry.
   b. Comprised of domains that are weighted equally:
      - Microbiology
      - Prevention and anticipatory guidance.
      - Craniofacial growth and developing dentition.
      - Restorative dentistry and oral rehabilitation.
      - Oral diagnosis/oral pathology/oral medicine.
      - Special health care needs.
      - Child development/behavior guidance.
      - Pulp therapy/orofacial trauma.
   c. 200 objective, single-best answer, multiple choice items.
   d. Single, four-hour session.
   e. Administered at PearsonVue testing centers.

4. Use multiple resources/references in your preparation.
   a. Review the ABPD website (www.abpd.org) for suggested references.
   c. Read the 2011 AAPD Handbook of Pediatric Dentistry.
   d. Attend an AAPD Comprehensive Review Course or obtain CDs.
   e. Review recent scientific literature especially regarding systematic reviews, hot topics, and new procedures, materials, and technology.
   f. Review courses taken during an advanced education program.
   g. Review mock computer-based test (www.measurementresearch.com/testing/tutorial.shtml).

5. Optimize your thinking, reasoning and memory.
   a. Reduce your thinking/avoid stressful people.
   b. Eat healthy and exercise.
   c. Take breaks (for every hour that you study, take a 10-minute break).
   d. Visualize the test going well.

6. Follow some test-taking tips.
   a. Read the entire question carefully.
   b. Try to answer without referring to the answer choices.
   c. Read all of the answer alternatives carefully.
   d. Use the process of elimination if you do not immediately know the correct answer.
   e. If you are struggling with a question, flag it so you can return to it later.
   f. Select the response that best answers the question.

The Qualifying Examination can be one of the most challenging events in your professional career. If you have prepared systematically, you should be confident that you are well prepared to succeed. The ABPD wishes you success on the Qualifying Examination and your journey toward board certification.

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