

CLOSER TO EXAM

OSCE Study Plan

TARGET

- Practise each technical task daily.
- Listen to our recorded sessions while doing technical tasks.
- Listen to TG videos while doing other chores or while doing the technicals.
- Listen to your one-on-one sessions with a mentor to reflect on how you sound while performing OSCE and also to understand the feedback.
- Practise the role-plays with yourself in the mirror. (to understand body language)
- Go through the flashcards.
- 3-4 hours each day for technical skills.
- Total technicals tasks are as follows:
 - a) Plain teeth (for crown preparation and composite or amalgam tasks) - 11, 21, 35, 36, 46, 13, 23, 14, 15, 16, 17 and 26.
 - b) Caries simulated teeth - 16, 26, 36, 37, 46 and 35.
 - c) Endo teeth - 16, 26, 14 and 46.

WEEK 1

Preparatory Tasks

Day 1	<ul style="list-style-type: none"> • Crown preparation with 11 followed by the temporary crown. • Crown preparation of 13 followed by the temporary crown. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Crown preparation with 21 followed by the temporary crown. • Crown preparation of 23 followed by the temporary crown. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Crown preparation with 36 followed by the temporary crown. • Caries simulated tooth preparation with 46. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video
Day 4	<ul style="list-style-type: none"> • Crown preparation with 46 followed by the temporary crown. • Caries simulated tooth preparation with 36. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Crown preparation with 35 followed by the temporary crown. Caries simulated tooth preparation with 16, 26 and 37. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Endo access cavity preparation with 16 and 26. • Caries simulated tooth preparation with 35. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Practise all the skilled OSCE tasks. • Reflect on what you've learned. • Take time for yourself and relax.

WEEK 2

Restorative Tasks

Day 1	<ul style="list-style-type: none"> • Composite restoration with DI missing for 11 and MI missing for 21. • Endo access cavity preparation with 14. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Composite restoration with DI missing for 21 and MI missing for 11. • Endo access cavity preparation with 46. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Composite restoration with MOD extension and buccal cusp missing of 14. • Endo access cavity preparation with 14. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Composite restoration with MOD extension and Palatal cusp missing of 15. • Endo access cavity preparation with 46. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Amalgam restoration with MOD extension and ML cusp missing for 46. • Endo access cavity preparation with 16. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback. • Also listen to one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Amalgam restoration with MOD extension and ML cusp missing for 36. • Endo access cavity preparation with 26. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Practise all the skilled OSCE tasks. • Reflect on what you've learned. • Take time for yourself and relax.

WEEK 3

Restorative Tasks

Day 1	<ul style="list-style-type: none"> • Amalgam restoration with MOD extension and MB cusp missing for 16. • Endo access cavity preparation with 14. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Amalgam restoration with MOD extension and MB cusp missing for 26. • Endo access cavity preparation with 46. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback. • Also listen to one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Amalgam restoration with MOD extension and MB cusp missing for 17. • Endo access cavity preparation with 46. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback. • Also listen to one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Amalgam restoration with MOD extension and buccal cusp missing for 14. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Crown preparation with 46 or 36 followed by the temporary crown. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback. • Also listen to one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Crown preparation with 13 or 23 followed by the temporary crown. • Listen to the class while performing the tasks • Listen to your one-on-one roleplays and feedback . • Also listen to one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Practise all the skilled OSCE tasks. • Reflect on what you've learned. • Take time for yourself and relax.

WEEK 4 Reflect on your preparation	
Day 1	<ul style="list-style-type: none"> • Watch the flashcards for the blue and yellow set. • Practise any technical task that you feel is challenging.
Day 2	<ul style="list-style-type: none"> • Watch the flashcards for the gold and green set. • Practise any technical task that you feel is challenging.
Day 3	<ul style="list-style-type: none"> • Watch the flashcards for the silver and orange set. • Practise any technical task that you feel is challenging.
Day 4	<ul style="list-style-type: none"> • Watch the flashcards for the red and pink set. • Practise any technical task that you feel is challenging.
Day 5	<ul style="list-style-type: none"> • Reflect on the prescriptions that will be commonly used (oral analgesics, oral antibiotics, mouthwash, angular cheilitis management, denture stomatitis management). • Practise skilled OSCEs. (any 4) • Revise key topics or challenging topics.
Day 6	<ul style="list-style-type: none"> • Practise skilled OSCEs. (all remaining ones) • Practise any technical task that you feel is challenging. • <i>Reflect on your journey as you have been working hard.</i>
Day 7	<p>A day before exam</p> <p><i>Rest well and arrange for the things needed for the exam.</i></p> <ul style="list-style-type: none"> • Keep your clothes and shoes ready for the next day. • Carry your identity proof - Australian drivers licence or international passport. <p><i>For a Skilled OSCE day:</i> You need to carry a candidate agreement form and eye wear.</p> <p><i>For a Technical Skills day:</i> You need to carry a candidate agreement form, eye wear or dental loupes and lunch (as you are not allowed to leave the premises).</p>