



AAOMS Guidelines for OMS Applicants

National Board of Medical Examiners Comprehensive Basic Science Exam

AAOMS offers the National Board of Medical Examiners (NBME) Comprehensive Basic Science Examination (CBSE) in February and July, granting training programs an enhanced method to evaluate candidates for positions.

The exam is open to all dental students interested in applying to oral and maxillofacial surgery residencies and allows applicants to measure their understanding of basic science. After completion, applicants will receive an electronic score report from the NBME within 30 days. A copy of the score report also will be provided to AAOMS.

No test preparation courses are affiliated with or sanctioned by the NBME or AAOMS. The best preparation for the CBSE is a general, thorough review of the content reflected in the examination descriptions. You also may practice for the exam by taking an NBME web-based self-assessment to evaluate your readiness to take the CBSE. The Comprehensive Basic Science Self-Assessment (CBSSA) uses multiple-choice items based on information typically covered during basic science medical education courses. Participants will receive a performance profile and a score interpretation guide immediately after completing a self-assessment. The performance profile provides an assessment score and graphically displays relative strengths and weaknesses in general topic areas.

Below are some resources and strategies to assist in preparation for the examination. By combining these resources and strategies, you can prepare for the NBME CBSE. It is recommended to tailor your approach based on your learning style and pace to maximize your study efforts.

Study Resources

- Use authoritative textbooks like *First Aid for the USMLE Step 1* for concise summaries and high-yield information.
- Utilize question banks such as UWorld, Kaplan Qbank, and NBME's own practice exams to simulate exam conditions and assess your knowledge.
- Create or use pre-made flashcard decks for spaced repetition of key concepts and facts.
- Watch educational videos from platforms like Boards and Beyond, Pathoma, or Lecturio for visual reinforcement of complex topics.
- Take official NBME practice exams to familiarize yourself with the format and types of questions asked.

Study Strategies

- Join or form study groups to discuss challenging topics, quiz each other, and reinforce learning through discussion.
- Plan your study schedule based on your strengths and weaknesses, allocating more time to challenging subjects.
- Actively engage with the material by summarizing, teaching others, and applying concepts to clinical scenarios.
- Prioritize studying topics that are frequently tested and have high importance for the exam.
- Schedule regular review sessions to reinforce learning and prevent forgetting.
- Practice under timed conditions to improve speed and efficiency in answering questions.

For more information regarding exam content, taking an exam, performance feedback, exam rules and conduct and additional resources, visit [NBME.org/examinees/subject-exams#exam-content](https://www.nbme.org/examinees/subject-exams#exam-content).