Your ORE Part 1 revision tracker and final 4-week plan

Free from Dentoscore. Print it, or write on it in any PDF app.

Two tools in one file. The tracker shows where you stand on all 30 topics. The plan turns your last four weeks into a clear routine.

The topic tracker (pages 2 and 3)

All 30 Dentoscore revision topics, split into Paper A and Paper B. Rate each topic at the start, add your score after each mock, and rate it again at the end. Use it at any stage of your revision, not just the last month.

The final 4-week plan (page 4)

Three full timed mocks, your weakest topics first, UK rules in week 2, speed in week 3, and a calm last week. If you have longer, use it as the last month of a longer plan.

Before you start: the numbers that shape the plan

- Part 1 is two papers, Paper A and Paper B. Each has 200 questions in 3 hours, taken on consecutive days.
- That works out at about **54 seconds a question**, so every timed set in this plan runs at that pace: 50 questions in 45 minutes.
- You must pass both papers in the same sitting.

The Paper A and Paper B split is Dentoscore's own way of organising revision. The GDC does not publish an official topic list for each paper, so revise both papers fully. Exam facts checked against the GDC's Part 1 page, October 2026.

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Topic tracker: Paper A

Rate each topic from 1 (weak) to 5 (strong) before you begin. After each mock, write your score for the topic. Your lowest scores are where your next study session goes.

Paper A: dental science and human disease (13 topics)

Topic (tap for 5 free questions)	**Confidence at the start** 1 to 5	**Mock 1** %	**Mock 2** %	**Mock 3** %	**Confidence at the end** 1 to 5
Dental materials					
Genetics & embryology					
Head & neck anatomy					
Human disease & general pathology					
Immunology & microbiology					
Medical history & medically compromised patients					
Oral biology & histology					
Oral manifestations of systemic disease					
Oral medicine					
Oral pathology					
Physiology & body systems					
Radiology & radiation protection					
Therapeutics & prescribing					

How to read it. A topic scoring under about 60% in a mock, or rated 1 or 2, goes on your list for the next week. When it climbs, cross it off and move to the next lowest.

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Topic tracker: Paper B

Paper B: clinical dentistry, law and ethics (17 topics)

Topic (tap for 5 free questions)	**Confidence at the start** 1 to 5	**Mock 1** %	**Mock 2** %	**Mock 3** %	**Confidence at the end** 1 to 5
Caries					
Dental public health, behavioural science & statistics					
Diagnosis, treatment planning & records					
Endodontics					
Fixed prosthodontics & implants					
Infection control and health & safety					
Law & regulation					
Medical emergencies					
Operative & restorative dentistry					
Oral surgery					
Orthodontics					
Paediatric dentistry					
Periodontology					
Prevention					
Professionalism, ethics & communication					
Removable prosthodontics					
Special care dentistry					

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The final 4-week plan

About 2 hours on weekdays and 2 to 3 hours on each weekend day. A weekday session: 20 minutes on your mistakes log, 50 minutes on notes for one topic, 40 minutes of questions on it, and 10 minutes adding each wrong answer to the log.

Week 1: find your gaps

4 WEEKS TO GO

- At the weekend, sit **full mock 1**: Paper A one day and Paper B the next, 200 questions in 3 hours each.
- Mark it and fill in the **Mock 1** column of the tracker. Circle your six lowest topics.
- Weekdays: work through those six topics, one or two a day, using the session above.

Week 2: UK rules and weak topics

3 WEEKS TO GO

- UK guidance differs most from training elsewhere, so give these topics a full session each: law and regulation; professionalism, ethics and communication; therapeutics and prescribing; medical emergencies; infection control; radiology and radiation protection; prevention.
- Midweek: one mixed timed set, 50 questions in 45 minutes.
- Weekend: **full mock 2**, then fill in the **Mock 2** column.

Week 3: speed and mixed practice

2 WEEKS TO GO

- Every day: one mixed timed set of 50 questions in 45 minutes, then read every explanation, including the ones you got right.
- Spend the rest of each session on your next lowest topics from the tracker.
- Weekend: **full mock 3**. Compare your score and pace with mock 1.

Week 4: consolidate, don’t cram

FINAL WEEK

- First four days: your mistakes log, your summary notes, and the numbers you keep getting wrong, such as doses and time limits.
- Day five: one short timed set to stay sharp. No new topics.
- Last two days: light review only, then rest and sleep well.

Practise to time in every week. If a question is taking much longer than a minute, pick your best answer, flag it and move on.

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Exam-week checklist

- ☐ Check your booking confirmation: dates, times and the test centre address.
- ☐ Read the test centre's rules on what you must bring and what you cannot take in.
- ☐ Plan your journey for both days, with time to spare.
- ☐ Pack the night before.
- ☐ Keep the evening before each paper light. No new topics.
- ☐ On the day: pace yourself at about 54 seconds a question, flag the hard ones, and leave time to go back to them.

Your mistakes log

One line per wrong answer: the topic, what you chose, the right answer and why you missed it. Read it at the start of every session.

Topic	What I chose, and the right answer	Why I missed it

Where to practise

More than 4 weeks to go?
Get the free 12-week plan in the Dentoscore study planner: every day laid out, linked to free questions. Create a free account at dentoscore.co.uk.

4 weeks or less?
Sit timed mock papers at real exam pace. Dentoscore has three full mocks (six papers) on its paid plans: dentoscore.co.uk/pricing.

Free practice any time: 150 questions across all 30 topics, each with the answer explained and the source named, at dentoscore.co.uk/free-questions. No account needed.

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