

# Bench Test Practical Guide for Participants

Continuing Dental Education  
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## Content

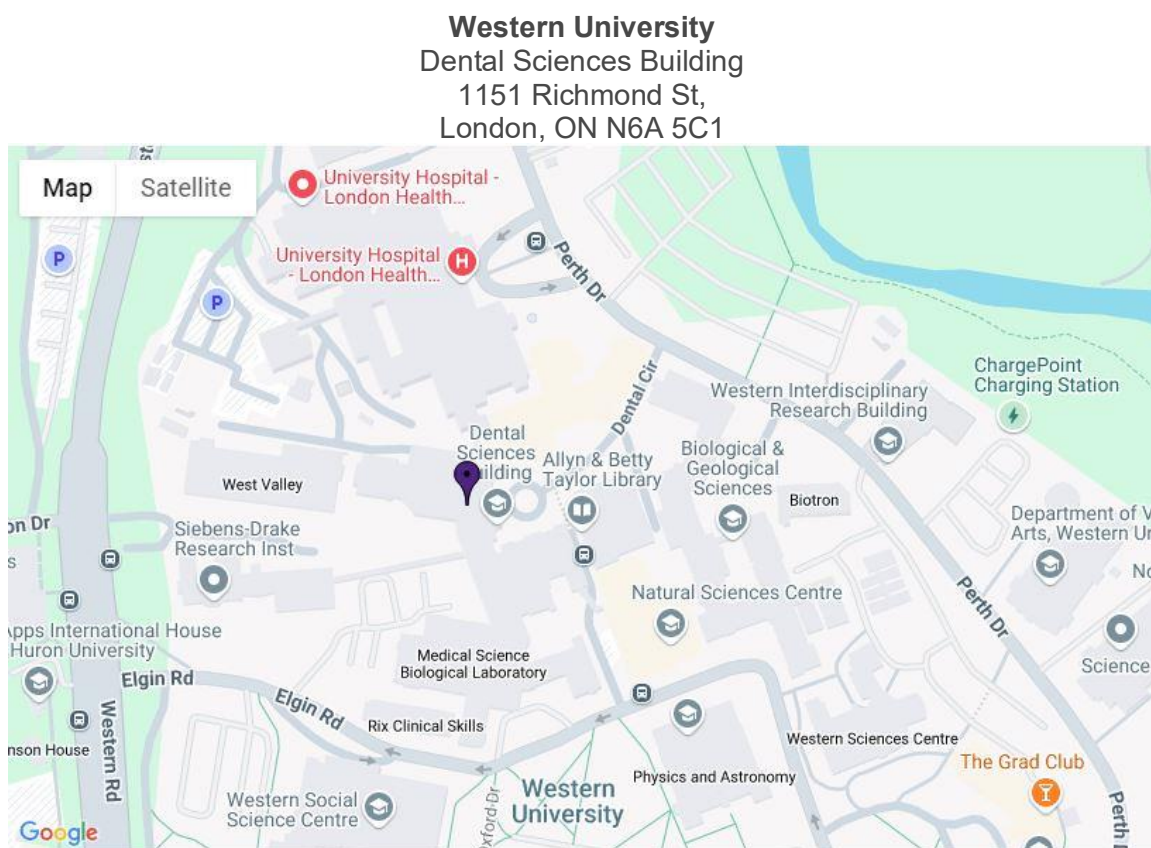
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## General Information:

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The Bench Test Exam is a two-day simulated practical assessment conducted at the Schulich School of Medicine & Dentistry for applicants who meet all the Doctor of Dental Surgery (DDS) Advanced Standing Program for International Dental Graduates (ASPIDG) [application requirements](#). To be eligible, applicants must meet the admission requirements for the DDS ASPIDG Program and submit a complete application with all required supporting documents by the deadline. **Only selected applicants will be invited to register for the Bench Test.** Candidates are required to complete a set of practical procedures associated with the preparation and restoration of permanent teeth on dentoforms. Review the [admissions process](#) for further information.

## Bench Test Location



The Dental Sciences Building is accessible via Perth Drive, followed by a turn onto Dental Circle.

Street view of the Dental Sciences Building:



## Parking

Visitor parking on campus is limited, so carpooling is encouraged.

The nearest visitor parking is available at the Social Science Lot (Lot J) as indicated on the [Western Parking Map](#). Accessibility parking is located on Dental Circle, near the entrance of the Dental Sciences Building.

## Admission & Registration

The [Advanced Standing Program for International Dental Graduates \(ASPIDG\) Admissions Policy](#) (under review) can be found on the Western University website.

To be eligible, applicants must meet the admission requirements for the DDS ASPIDG Program and submit a complete application with all required supporting documents by the deadline. Selected applicants will be invited to register for the Bench test.

The Bench Test will be held at the beginning of December. Please visit the [Continuing Dental Education website](#) for specific dates.

**Important:** Applicants who have completed the 2024 PLA Course will be required to pay a non-refundable fee of \$800.00 CAD if they choose to apply for the December 2025 exam. Those who have previously completed the PLA course and are eligible for the December 2025 exam will follow the PLA exam structure rather than the Bench Test format.

**Note:** No exam is scheduled for March 2026.

**Registration Fee:** Payable by credit card (Visa or MasterCard) through Western's secure online payment platform.

**Refund Policy:** No refunds will be given.

## Schedule

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You will receive a detailed schedule when your registration is confirmed. Please read this information carefully.

**Day 1:** Encompasses both task performance and immediate formative feedback, aiming to support learning, help candidates adapt to the school's simulation lab environment, understand evaluation criteria and standards, and refine their techniques.

**Day 2:** Designed to assess the candidate's psychomotor skills and infection prevention and control (IPAC) in a real-life simulation without feedback. Performance will be evaluated using technical skills marking rubrics. See Evaluation Criteria on our website for detailed information.

Day 1	
Activity	Time
Check-in	7:45am - 8:30am
Orientation to the Simulation Clinic	8:30am - 9:00am
Practical Skills Session	9:00am – 11:00am
Mandatory Break	11:00am – 11:45am
Practical Skills Session	11:45 am - 2:00pm

Day 2	
Activity	Time
Check-in	7:45am - 8:30am
Practical Skills Examination	9:00am - 11:00am
Mandatory Break	11:00am - 11:45am
Practical Skills Examination	11:45am – 2:00pm

The results of Day 2 (Practical Skills Evaluation), along with the assessment of professionalism, from both days, will be considered in the admission process. **You must be on time and present for both days.**

## Arriving at The Bench Test

When you arrive at the Dental Science Building (Dental Circle entrance), you will check-in for the Bench Test. Do not arrive early for your check-in time.

A Schulich Dentistry staff member will verify your photo identification. Once verified, you will be given your name card. This card must be worn at all times in the Bench Test.

## Permitted Items in the Simulation Clinic

### *Items to Bring:*

- Valid government-issued ID (must include your signature and photo)
- Lunch in a temperature-controlled bag
- Comfortable, casual clothing is recommended
- Lab coats may be worn but are not required
- Fully enclosed footwear, such as running shoes, must be worn. Sandals, open-toed shoes, ballet-style shoes are **not** permitted
- Pre-approved medications and health-related items will be stored at your clinical station
- Face shield
- Loupes (including a secondary battery and/or charger)
- Personal headlamps may be utilized
- Additional equipment and supplies outlined below

### *Medications & Health-Related Items*

If you need to bring medications or other health-related items, prior approval is required. Please contact [cde@schulich.uwo.ca](mailto:cde@schulich.uwo.ca).

Secure storage will be provided for:

- Medications
- Breastfeeding supplies (a refrigerator with freezer space is available)
- Feminine hygiene products

Health-related items should be placed in a non-transparent bag and presented at check-in. A staff member may inspect the bag and provide storage instructions.

### *Important Notes:*

- Pre-approved food, drinks, medications, health products, or other personal items must be presented to Schulich Dentistry staff for inspection before being brought into the Simulation Clinic.
- No additional items are allowed in the Simulation Clinic. Everything required for the exam is available in the clinic—please ask an invigilator or Schulich Dentistry staff member if you need assistance.
- Only registered candidates are allowed in the examination center. Family members are not permitted to stay in the reception area and may be asked to leave.

## Available Facilities

### *Classroom*

A classroom will be available for use during lunch breaks. Please bring your food in a temperature-controlled bag, as refrigerators will not be available.

### *Private Room*

A private room is available for mothers who are breastfeeding, as well as for prayer and meditation. If you require access to this space, please inform the Bench Test administration team in advance to ensure a reservation at a designated time.

### *Washrooms*

An accessible washroom is available near the Simulation Clinic. All gender washrooms are available on the ground floor of the building.

You may use the washrooms or access the private room at any time during the Bench Test. However, no additional time will be granted for washroom breaks.

### *Simulation Clinic*

Personal items are kept in the Simulation Clinic. There is little space available, only bring necessary items with you to the Bench Test.

## Equipment, Instruments, Materials and Supplies

A list of supplied items is provided below. Whenever possible, the names of products are listed as written on our supplier's website. The names will not always be a comprehensive description of every item included in a kit. It is your responsibility to familiarize yourself with any given kit's content. **Please note that the Schulich School of Medicine and Dentistry reserves the right to remove, add, or substitute items when necessary.**

You will be provided with enough materials and supplies to complete the clinical evaluations. You will only be provided with additional materials and supplies if you have run out entirely. Please notify an invigilator or dental assistant by raising your hand if you require additional materials or supplies.

The clinic is equipped with dental simulators (A-dec) fitted with manikin heads and typodonts (Kilgore International, Inc.).

Day 1 Equipment and Supplies	Day 2 Equipment and Supplies
<b><u>Participants to Bring:</u></b> <ul style="list-style-type: none"><li>○ Curing light unit</li><li>○ Loupes or safety glasses</li></ul>	<b><u>Participants to Bring:</u></b> <ul style="list-style-type: none"><li>○ Curing light unit</li><li>○ Loupes or safety glasses</li></ul>

Day 1 Equipment and Supplies	Day 2 Equipment and Supplies
<ul style="list-style-type: none"> <li>○ Face shield</li> <li>○ Typodont</li> <li>○ Handpieces (optional)</li> <li>○ Bur caddy, burs, and polishing tips (outlined below)</li> </ul> <p><u>Western Provides:</u></p> <ul style="list-style-type: none"> <li>○ Pre-prepped teeth</li> <li>○ Handpieces</li> <li>○ All other equipment, instruments, supplies and consumables</li> </ul>	<ul style="list-style-type: none"> <li>○ Face shield</li> <li>○ Handpieces (optional)</li> </ul> <p><u>Western Provides:</u></p> <ul style="list-style-type: none"> <li>○ Typodont</li> <li>○ Pre-prepped teeth</li> <li>○ Handpieces</li> <li>○ Bur caddy, burs, and polishing tips</li> <li>○ All other equipment, instruments, supplies and consumables</li> </ul>

Instrument Kit	
Product Name	Brand Information
Mouth Mirror	Patterson CS #5 #70406322
Explorer/probe	HuFriedy XP23/UNC15
Small Hatchet 1mm	HuFriedy CP8/9H
Large Hatchet 1.5mm	HuFriedy CP15/16
Hoe 1mm	HuFriedy CP22/22C
Mesial Margin Trimmer	HuFriedy MT29
Distal Margin Trimmer	HuFriedy MT28
Small Round Condenser	HuFriedy PLG2T
Large Round Condenser	HuFriedy PLG3T
½ Hollenbach Carver	HuFriedy CVHL1/2
Beaver Tail Carver	HuFriedy CV3T
Discoïd Cleoid Carver	HuFriedy CD1/2
Goldknife	HuFriedy GKG38 CR21 DE
Ball Burnisher	HuFriedy BB27/29
Composite Instrument - MINI 3 GOLDSTEIN FLEXI-THIN	HuFriedy #CIGFTMINI3
TINBRDILLY	Brasseler /6
Cotton Pliers	HuFriedy DPU17
Spoon Excavator	HuFriedy EXC40/41

## Handpiece



Product Name	Brand Information
Coupler	W&H ADPT ROTO QCK, AIRCOOL RA25 #10402525
Highspeed Motor	W&H TG-98LW SYNEA #30202001
Slowspeed Motor	W&H MOTOR AM-25 RM #30108000
CA Attachment	W&H WE-56 1:1 CONTRAL ANGLE #30116000

Burs, Drills, and Polishing Tips	
Product Name	Brand Information
Bur Caddy	Brasseler A100R
245	
330 MWV (2mm in length)	
169L	
FG7408	
56 CA Carbide bur (slow speed)	
Cosmedent FlexiPoints (superfine pink)	Clinical Research Dental #403101
Cosmedent FlexiPoints (medium blue)	Clinical Research Dental #403101
Mandrel-Soflex	

Rubber Dam Kit	
Product Name	Brand Information
Rubber Dam Forceps	HuFriedy RDF4
Rubber Dam Frame - Steel 6" ADULT	HuFriedy #RDAF6 ( <i>different - Western's are discontinued</i> )
Clamp 12A	Kulzer #50057348
Clamp 13A	Kulzer #50057352
Clamp 2	Kulzer #50057310
Clamp 2A	Kulzer #50057312
Clamp 212	HuFriedy #RDCM212 Satin Steel

Supplies	
Product Name	Brand Information

Supplies	
Amalgam Carrier Double End	Premier REG/LG #9062201
Compute Tip Dispensing Gun	Dentsply Chairside #60665900 BLUE
Dappen Glass	Maxill Blue #53114
Scissors Crown Curved	HuFriedy #SCGC
Curved Hemostat	Brasseler 102
Original Tofflemire II- Matrix Retainer	Waterpik #20016453
Acclean Waxed Floss	Henry Schein #1554658
Lab Knife Handle	Integra- USA KNIFE NO.6, 5-1/4", RED PLASTIC #4-20
Lab Knife Blade	Henry Schein LANCET 21 STERILE CARB. #1126198

Typodont	
Product Name	Brand Information
Typodont Series 200 Typodont	Kilgore International D95SDP-200-GUB-MF-OCC
A5A-200 Series Replacement Teeth	Kilgore International
Pre-prepped Teeth	Kilgore International
Screwdriver for Typodont Teeth	Kilgore International

Operative Consumables *Note – May Contain	
Product Name	Brand Information
Permite 2 Spill Reg Set	SDI #4022303
3m- Filtek Supreme Ultra Composite	Patterson
Strip Matrix Clear Straight	Patterson #70897165
Matrix Toff.Univ.No.1	Waterpik .0015" #34578-9
Strip Finishing Narrow	3M- Sinclair #1954N
Peak Bonding Agent- Sample Pack (bond, acid etch, tips)	Clinical Research Dental
Sectional Matrices - Palodent Standard	Dentsply Chairside #659010
Garrison Rings - Composi-Tight	Garrison 3DXR
Garrison Composi-Tight Universal Forceps	Garrison UNVF-100
Palodent BiTine Round Rings	Dentsply Sirona
Putty	Henry Schein VP Mix Putty #101-5208
Mandrel	Brasseler 310.21 Snap-On RA

Sof-Lex Finishing and Polishing System	3M- Sinclair #2385P Intro Kit
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Sundries	
Product Name	Brand Information
White-Green-Orange Sycamore Wooden Wedges	Premier Dental #9061101, #9061105, #9061106

Shared Supplies (8 Stations) *Note – May Contain	
Product Name	Brand Information
Promix Amalgamator (discontinued)	Dentsply Sirona
Rubberdam Non-latex Isolate 6x6 Med	Endo Tech #i6BULK
Ainsworth Rubber Dam Punch	HuFriedy #RDPA
Rubber Dam Lubricant - Lubricating Jelly	Ontario Medical Supply MUKO #103337L
H01443 Hygenic Rubber Dental Dam Stamp 6"	Coltene
Trodat Re-Inkable Stamp Pad - Black Ink	Grand & Toy #56363

Personal Protective Equipment
Product Name
Ear loop procedure masks
Mask extenders
Neoprene gloves – extra small, small, medium, large, extra large
Nitrile gloves available

### Tooth Numbering System

The FDI two-digit tooth numbering system is used in all sessions.

## Frequently Asked Questions

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### **Who is eligible to take the Bench Test?**

To be eligible, applicants must meet the admission requirements for the DDS ASPIDG Program and submit a complete application with all required supporting documents by the deadline. Selected applicants will be invited to register for the Bench test.

### **When and where is the Bench Test held?**

The test takes place at the Schulich School of Medicine & Dentistry at Western University in London, Ontario. It is held in early December each year.

### **What is the format of the Bench Test?**

The test is divided into two days:

**Day 1:** Encompasses both task performance and immediate formative feedback, aiming to support learning, help candidates adapt to the school's simulation lab environment, understand evaluation criteria and standards, and refine their techniques.

**Day 2:** Designed to assess the candidate's psychomotor skills and infection prevention and control (IPAC) in a real-life simulation without feedback. Performance will be evaluated using technical skills marking rubrics.

### **What is the registration fee, and is it refundable?**

The registration fee is \$4,500.00 CAD. Fees are non-refundable.

### **Can I request an accommodation for the Bench Test?**

Yes. Candidates requiring academic accommodations or those with medical conditions or accessibility needs may request support. To ensure appropriate arrangements can be made, please contact Continuing Dental Education (CDE) at Schulich Dentistry as early as possible.

### **What procedures are tested?**

Candidates will be assigned any four of the following:

- Preparations:
  - Class II amalgam preparation
  - Class II composite preparation
  - All-ceramic posterior crown preparation
- Restorations:
  - Class II amalgam restoration
  - Class II composite restoration
- Rubber dam isolation

Additionally, candidates must demonstrate adherence to infection prevention and control (IPAC) protocols and professionalism.

**Will I receive feedback during the Bench Test?**

No. While invigilators, examiners, and support staff will be present to assist with any general inquiries, they cannot provide guidance, answers, or feedback on examination content or any aspects that may influence your performance or final grade. However, Day 1 includes formative feedback to help candidates refine their techniques.

**Are there any online modules for the Bench Test?**

No. However, the Practical Guide for Participants and Bench Test Evaluation Criteria documents are provided.

**What happens if I experience technical issues during the evaluation?**

Candidates must immediately notify an invigilator if an issue arises with supplied equipment. Time extensions may be granted in certain cases.

**Can I take breaks during the test?**

Yes, candidates may take breaks to use the washroom or pre-booked designated private rooms. A mandatory 45-minute break is scheduled each day.

**Is the Bench Test graded?**

Yes. Performance is assessed using specific rubrics based on Canadian dental standards. Scores are confidential and will not be released.

**If I pass the Bench Test, am I guaranteed admission?**

No. The Bench Test is one component of the admissions process, which also includes an interview, English proficiency scores, ADAT results, and any additional information as outlined in the [application requirements](#).

**When will I know if I'm selected for an interview?**

Candidates selected for an interview will be notified via email in late January. The virtual interview takes place in February.

**Is there an appeal process if I do not pass the Bench Test?**

No. All results are final, and there is no appeal process.

## Appendix A



[A-dec Simulator: Set-up and Use](#) . Note, not all features on touchpad shown are available on the units in the Simulation Clinic.