



Preview to Clinical Applications of Biomedical Sciences II (CABS II) & Tips for Board Prep

Block 6, Fall Semester, 2025

Presenters:

Amy Hinkelman, PhD, Jim Powers, DO, and Elizabeth Lewis

What is “CABS II”?

- The Clinical Application of Biomedical Sciences II (CABS II) is the 2nd of a two-part capstone course (CABS I & CABS II) completed during the second year.
- Course Timing
 - **CABS II - beginning of Block 7 through the end of Block 8**
- Highlights of Course (more detailed information to come in January...so stay tuned!)
 - Integrates & consolidates key biomedical and clinical concepts from Blocks 1-8
 - Extensive use of board-style questions & practice exams
 - Facilitates student application of clinical and biomedical knowledge
 - Provides valuable feedback on performance
 - Helps **prepare** students to sit for the **COMLEX-USA Level 1**
 - Provided as a capstone for entry into the third year

What do I need to do right now?

1. Focus on finishing Block 6 strongly

2. Be *mindful* of the upcoming requirements:

- **300** TrueLearn/COMBANK questions to be completed by **January 6**
 - Must be within the **COMLEX Level 1 Q-bank**
- Full-length **practice exam** - **January 6** in Levine Hall (mandatory)
- Presentation “**ABC’s of Board Preparation**” - **January 14** 1:30 p.m. in Levine 202 (mandatory)

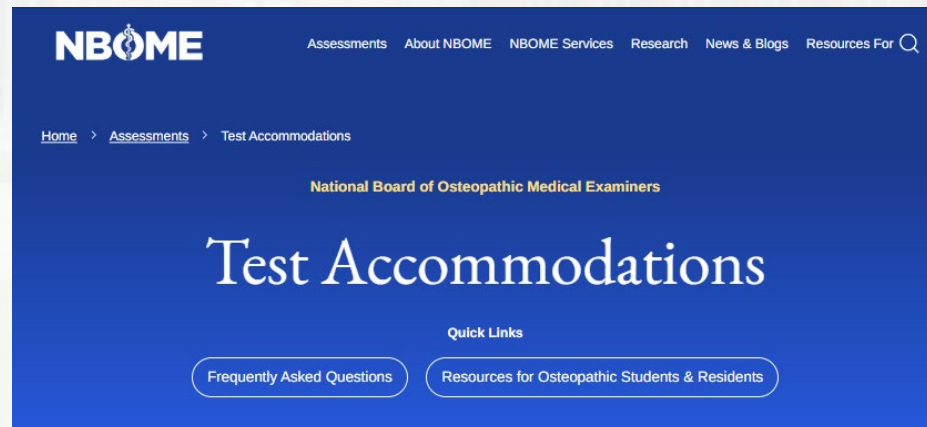
| Time | Monday, January 5, 2026 | Tuesday, January 6, 2026 |
|-------|-------------------------|--|
| 8:30 | Winter Break No Classes | Review Exam - Part 1 |
| 9:00 | | 200 Questions Per Part - Part 1 LH 202 |
| 9:30 | | |
| 10:00 | | |
| 10:30 | | |
| 11:00 | | |
| 11:30 | | Lunch |
| 12:00 | | |
| 12:30 | | |
| 1:00 | | Review Exam - Part 2 |
| 1:30 | | 200 Questions Per Part - Part 2 LH 202 |
| 2:00 | | |
| 2:30 | | |
| 3:00 | | |
| 3:30 | | |
| 4:00 | | |
| 4:30 | | |
| 5:00 | | |
| 5:30 | | |

Request Testing Accommodations **NOW**

1. Substantial documentation may be required; NBOME may take up to 75 days (or longer) to review & render decision
2. **Important:** previous awarding of accommodations, including by CUSOM, **does not mean accommodations will be granted by the NBOME**

[Test Accommodations – NBOME](https://www.nbome.org/assessments/test-accommodations/) (<https://www.nbome.org/assessments/test-accommodations/>)

** Special accommodations available for students with diabetes, pregnancy, or who are lactating*



Information for Kaplan, Full-length Mock Exam

January 6, 2026: 8:30-5:30 a.m. in Levine 202 (Arrive EARLY)

- 320 Questions
- Scheduled lunch break from 12:30-1:20 p.m.
 - *Leave your laptop in the lecture hall during this break*
- Proctored, secure exam (able to view individual performance data ONLY)
 - *No exam review*
- No minimum score required, BUT do your BEST to get a fair evaluation of both your strengths and weaknesses.
- Exam login information will be sent closer to the exam date
- Contact Elizabeth Lewis to arrange accommodations



Action → **motivation**

So just get started!!!



Strategies for COMLEX Level 1 Preparation

1. Familiarize Yourself with the Exam (e.g., structure, content, etc.)
2. Develop a Study Schedule & Plan
3. Stick to a Few Resources (that work for **YOU!**)
4. Integrate Content Review AND Practice Questions
5. Tracking System for Re-review of Weaker Areas
6. Take Practice Exams

Take care of yourself:

Sleep
Hydration
Breaks & rest
Exercise
Eat well
Celebrate progress

Strategies for COMLEX Level 1 Preparation

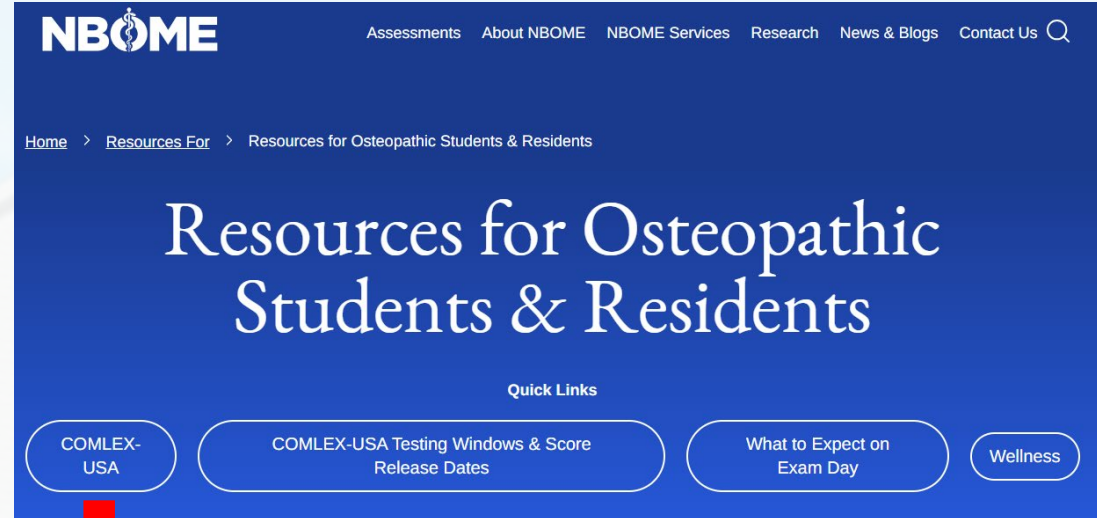
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Make Sure to Explore the NBOME Website



<https://www.nbome.org/resources-for/osteopathic-students-residents/>



<https://www.nbome.org/assessments/comlex-usa/>

Spring 2026
Moving from 352
to 320 questions

NBOME Website – Master Blueprint



INTRODUCTION

COMLEX-USA MASTER BLUEPRINT

TEST SPECIFICATIONS FOR EACH EXAMINATION

| | | | TEST SPECIFICATIONS PERCENTAGES | | | | | |
|-------------------------------------|--|---|---------------------------------|------------|-------------|---------|----------------|----------------|
| DIMENSION 1: COMPETENCY DOMAINS | | | Level 1 | Level 2-CE | Level 2-PE* | | Level 3 | Series Minimum |
| | | | | | HUM* | BM/BM* | | |
| 1 | Osteopathic Principles, Practice, and Manipulative Treatment | | 12% | 10% | 0% | 15% | 10% | 10% |
| 2 | Osteopathic Patient Care and Procedural Skills | | 6% | 30% | 0% | 25% | 40% | 25% |
| 3 | Application of Knowledge for Osteopathic Medical Practice | | 60% | 26% | 0% | 15% | 15% | 30% |
| | 3.1 | Foundational Biomedical Sciences Knowledge Base | 75% | 25% | | | 10% | |
| 4 | Practice-Based Learning and Improvement in Osteopathic Medical Practice | | 4% | 7% | 0% | 5% | 8% | 5% |
| 5 | Interpersonal and Communication Skills in the Practice of Osteopathic Medicine | | 3% | 5% | 60% | 20% | 5% | 10% |
| 6 | Professionalism in the Practice of Osteopathic Medicine | | 3% | 7% | 30% | 5% | 6% | 5% |
| 7 | Systems-Based Practice in Osteopathic Medicine | | 2% | 5% | 0% | 5% | 6% | 5% |
| | | | | | | | | |
| DIMENSION 2: CLINICAL PRESENTATIONS | | | Level 1 | Level 2-CE | Level 2-PE* | Level 3 | Series Minimum | |
| 1 | Community Health and Patient Presentations Related to Wellness | | 12% | 12% | 14% | 12% | 12% | |
| 2 | Patient Presentations Related to: Human Development, Reproduction, and Sexuality | | 5% | 5% | | 5% | 5% | |
| 3 | Patient Presentations Related to: Endocrine System and Metabolism | | 5% | 5% | | 5% | 5% | |
| 4 | Patient Presentations Related to: Nervous System and Mental Health | | 10% | 10% | 14% | 10% | 10% | |
| 5 | Patient Presentations Related to: Musculoskeletal System | | 13% | 13% | 14% | 13% | 13% | |
| 6 | Patient Presentations Related to: Genitourinary/Renal System and Breasts | | 5% | 5% | | 5% | 5% | |
| 7 | Patient Presentations Related to: Gastrointestinal System and Nutritional Health | | 10% | 10% | 14% | 10% | 5% | |
| 8 | Patient Presentations Related to: Circulatory and Hematologic Systems | | 10% | 10% | 14% | 10% | 10% | |
| 9 | Patient Presentations Related to: Respiratory System | | 10% | 10% | 14% | 10% | 10% | |
| 10 | Patient Presentations Related to: Integumentary System | | 5% | 5% | | 5% | 5% | |

*For the classes of 2020-2027, Level 2-PE is substituted with attestation by the COM Dean that a candidate has graduated and demonstrated the fundamental osteopathic clinical skills necessary for graduation.

*HUM: Humanistic Domain | BM/BM: Biomedical/Biomechanical Domain

Strategies for COMLEX Level 1 Preparation

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- 2. Develop a Study Schedule & Plan**
3. Stick to a Few Resources (that work for YOU!)
4. Integrate Content Review AND Practice Questions
5. Tracking System for Re-review of Weaker Areas
6. Take Practice Exams

Take care of yourself:

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Celebrate progress

Continuous Cycle of Planning, Doing, Assessing, & Adjusting

1. Create a plan

- Should be feasible, flexible – AND appropriately challenging

2. Start doing the plan!

3. Build in time to assess and readjust the plan *regularly*.



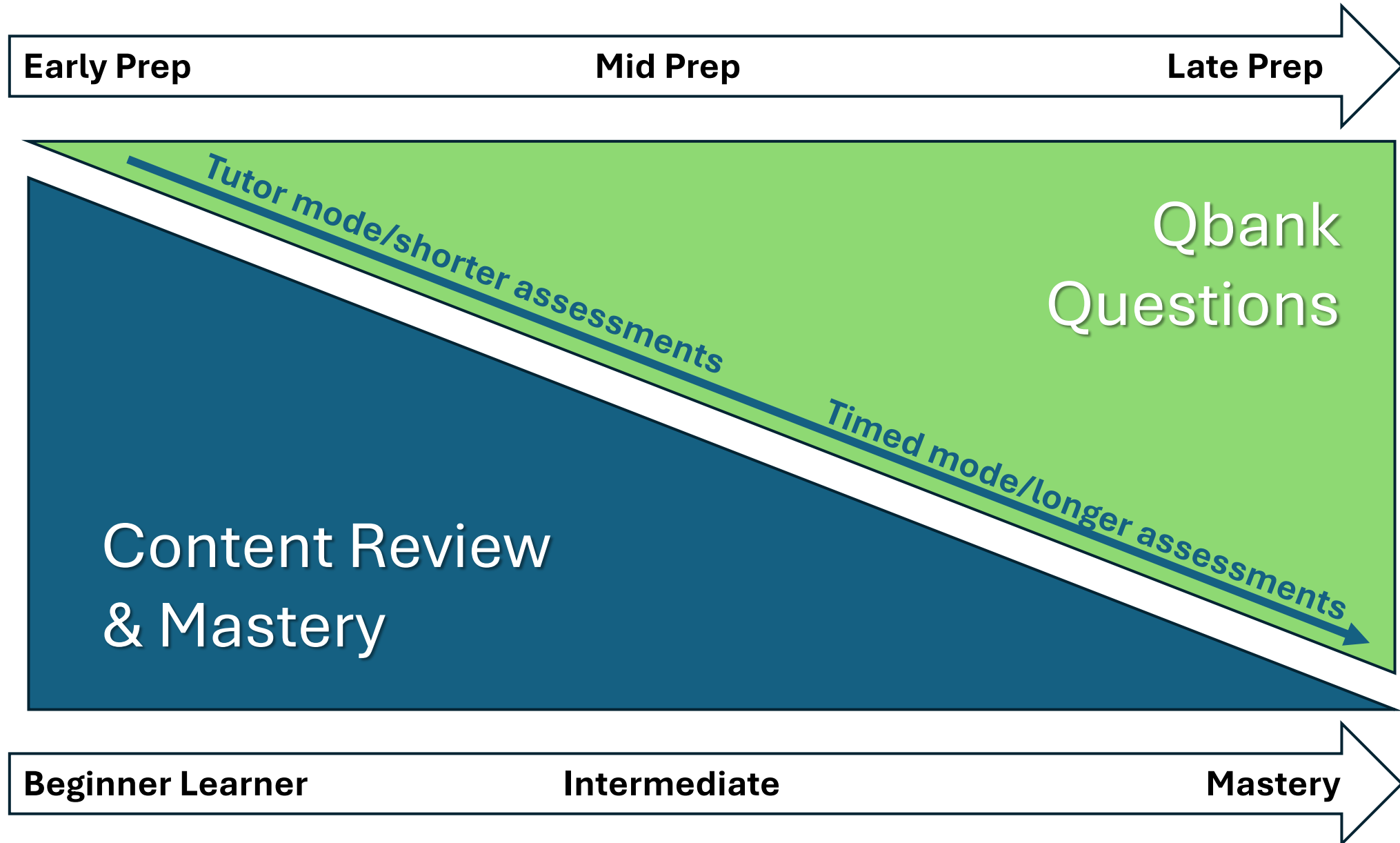
Strategies for COMLEX Level 1 Preparation

1. Familiarize Yourself with the Exam (e.g., structure, content, etc.)
2. **Develop a Study Schedule & Plan**
3. Stick to a Few Resources (that work for YOU!)
4. **Integrate Content Review AND Practice Questions**
5. **Tracking System for Re-review of Weaker Areas**
6. Take Practice Exams—NOT yet (Save this for the spring/summer)

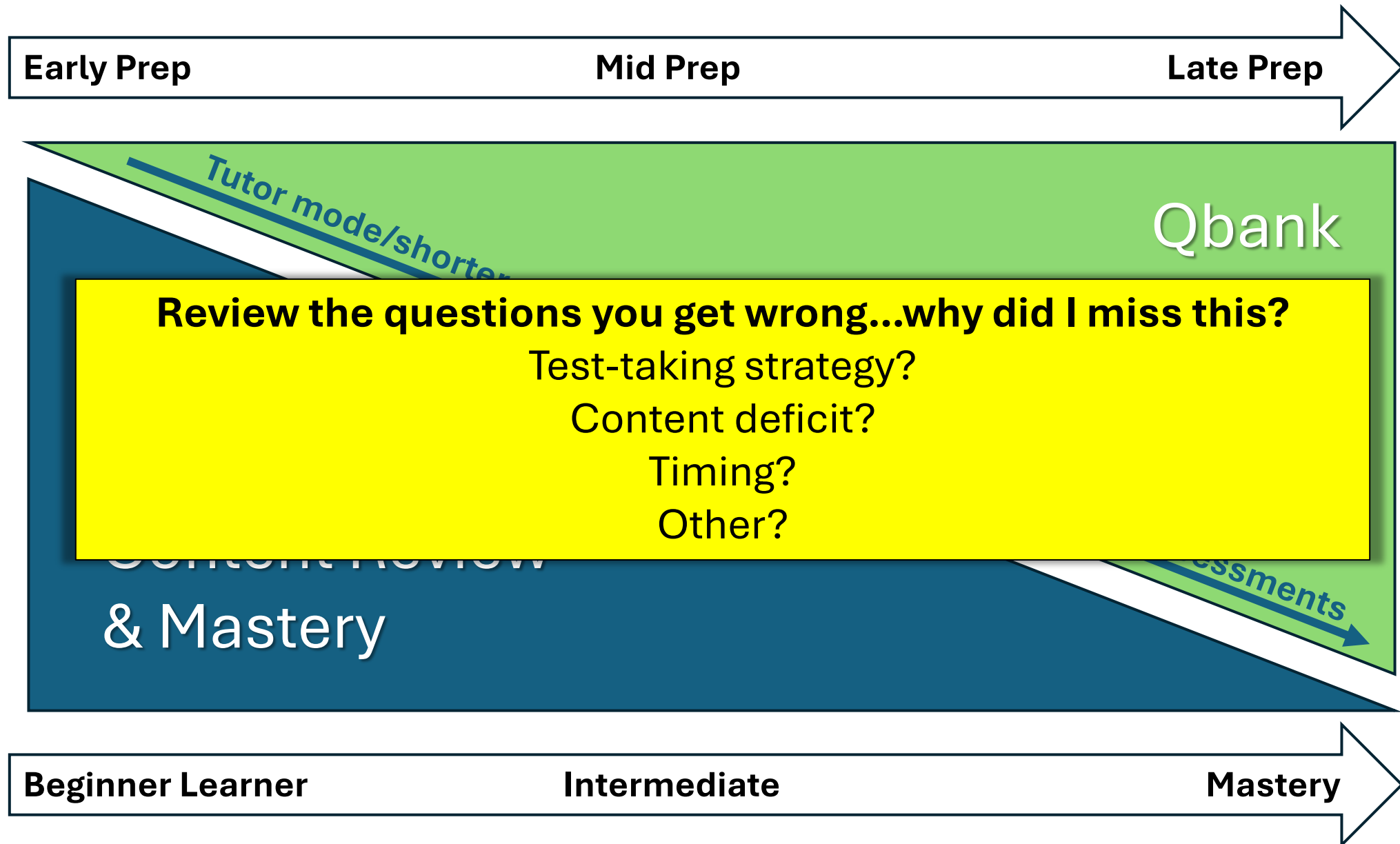
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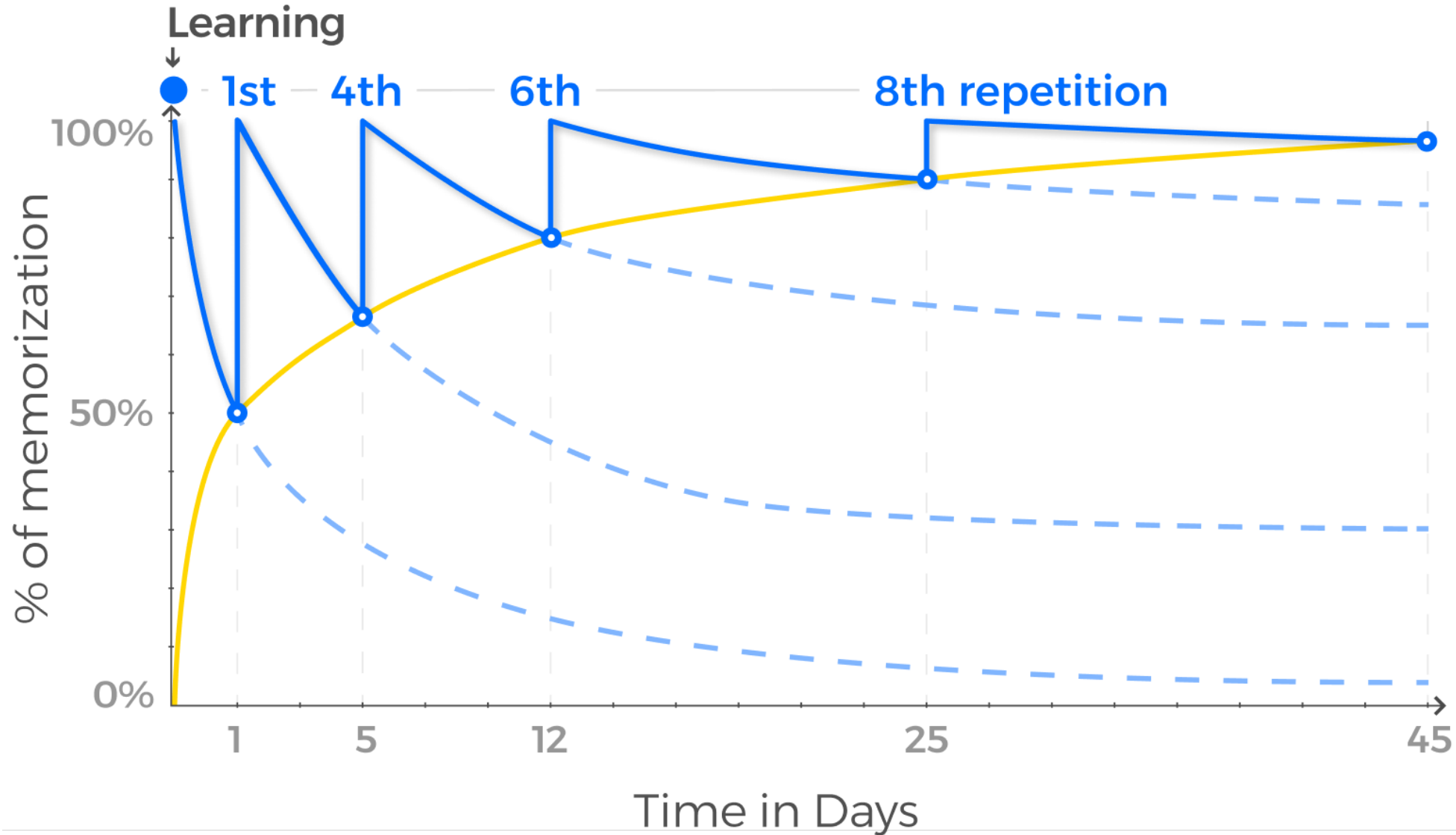
Content Review + Qbank Questions



REVIEW your questions afterwards...learn from your mistakes!



Recall...the Forgetting Curve



Develop a **Tracking System** to Re-Review **Weak** Areas

Note/tag it immediately! Keep it short—just enough for you to know what you need to “brain dump” on that topic/concept

- Notebook & schedule “**re-review hours**” into your schedule
 - 2 weeks later → wrong → 2 weeks later again
 - 2 weeks later → right → 4 weeks later
 - 4 weeks later → wrong → 4 weeks later again
 - 4 weeks later → right → OFF the list
- Excel/Word file & same principle
- Anki flashcards—but only ones you create
- TrueLearn flashcards

Strategies for COMLEX Level 1 Preparation

1. Familiarize Yourself with the Exam (e.g., structure, content, etc.)
2. Develop a Study Plan
3. Study for YOU!
4. Integrate Content Review AND Practice Questions
5. Tracking System for Re-review of Weaker Areas
6. Take Practice Exams

What things might you be able to get a head start on during the Winter Break?

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Suggestions for Winter Break

Block off rest & family time but save time for board prep & getting organized – your future self will THANK YOU

1. Complete TrueLearn Question Requirement/Review & Assess Knowledge
 - **Timed, random** assessments of content from Blocks 5 & 6 to identify weaknesses (Try doing 40 or more at a time)
2. Review the **NBOME Blueprint** & familiarize yourself with the **COMLEX Level 1 USA**
3. Develop a plan for yourself for Block 7 – **KNOW THYSELF**
 1. What is your goal? What resources are you going to use? Do you have a tracking system?
 2. Break up that goal into smaller components across January, February, and beginning of March
 3. What are some potential challenges & obstacles to this plan? How might you brainstorm creative solutions to overcome them?
 4. It is realistic, flexible, and challenging? REMEMBER, you still need to be mastering Block 7 content!
 5. How are you going to celebrate small & big wins? How are you going to maintain health & wellness to combat burnout? Make plans for that too!
4. Share your plan w/a peer, advisor, mentor—someone to keep you accountable & provide feedback



**We are rooting for you!
You've got this!!!!**