

Student Club Video Content

Week 26: Capacity and Time Flow

1. TLC Procedure
 - a. Define your current hours, types of services, average length of services – Intensity defining the quality of your life.
 - b. Sort tasks and team to most necessary functioning.
 - i. Most valuable to least valuable
 - c. 4 things DR does and 4 things CA does
 - i. Adjust
 - ii. Meet new patients
 - iii. Train team
 - iv. Get out of the building

2. Parallel to school and clinic
 - a. What is the most important thing to the student?
 - a. Principles and philosophy
 - b. Practice success strategy
 - c. Clinical ability
 - d. Grades and knowledge
 - b. Choose where to put your primary energy – TLC Patient Care and Practice Prep

3. Drill:
 - a. Score 0-10 rating for each – Assess current status
 - i. Elevating principles and philosophy
 - ii. Practice success agenda
 - iii. Adjusting and patient care
 - iv. Academics
 - b. Discuss with one other person how you can intensify
 - i. Cluster scheduling of engagement of the four categories
 - ii. Studying

Homework:

Look for time in your day and ask yourself the question what is the one most important thing to do in each moment?

“Now is the time to dig in”