

# ACHIEVE

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## Making the Most of Medical Appointments Closing Activity: Four Minute Challenge

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**Time:** 20 minutes

**Purpose:** To identify ways in which individuals can make the most of their medical appointments.

**Materials:**

- Paper and writing utensil for each student

**Prep:**

- Divide students into 2 groups
- Hand out paper

**Procedure:**

- Have students write their name and a scenario at a doctor's appointment.
- Separate the students into the 2 groups, one on each side of the room.
- Have the students fold the paper into an airplane and throw it to the students on the other side of the room.
- Each student should pick up an airplane and read the scenario written on the paper.
- Have the students come up with ways an individual could get the most out of the appointment with the given scenario.
- Give the students approximately 1 minute to write their response, then have them refold the airplane and throw it to the other side of the room.
- Repeat the above step 4 times: each student who picks up the paper will write another way to enhance the health communication.
- Have students find their original paper.

**Debrief/Reflect:**

- Go around the room and have the students read the scenario they wrote and the different ways one could make the most of their medical appointment in that scenario.
- If the students think there may be more ways, have them state what they are.
- Ask the students how these strategies can help individuals make the most of their appointments.

