## Before Listening

## Guess what the audio might be about!

### Answer the questions

Based on the title 'How to talk to your doctor', what do you think the main focus of the podcast will be?

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Considering the description mentions 'doctor-patient relationship', how do you think this relationship is important for your health?

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What kind of questions do you think might be addressed in the podcast about preparing for a doctor's appointment?

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|  | Youtube: How to talk to your doctor | Life KitTo watch the youtube video just scan the QR code.https://www.youtube.com/watch?v=eHnlKwk39nQ |

## While Listening

Three Key Points: Write down the three most important ideas or arguments you hear. Use bullet points or short sentences to capture them clearly.

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Question Tracker: Note at least two questions that come to mind while listening. These could be about things you don’t understand or ideas you want to explore further.

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Quote of the Day: Write down one sentence or quote from the podcast that you found impactful or thought-provoking. Explain why it stood out to you.

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## After Listening

### Summarize the key points discussed in the podcast 'How to talk to your doctor' from Life Kit by NPR, highlighting the importance of the doctor-patient relationship and strategies for effective communication with medical providers.

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### What are your thoughts on the importance of partnership in the doctor-patient relationship as discussed in the Life Kit podcast?

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