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PERSONAL DISCOVERY & CAREER PLAN

Discovery Plan

Understanding how you're built, and where it can take you

PREPARED FOR

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Jaedyn's Discovery Plan

A short, guided look at how Jaedyn is built, and where that can take her

Prepared for **Jaedyn How** · by **Fenwick How** · November 2026

Why we're doing this

Jaedyn, you're at UT Austin studying biology with your sights set on a career in health care. I love that, and I'm fully behind it. Few fields let you do more good for more people, and health care is also one of the most resilient paths as AI reshapes the world of work. But "pre-health" covers a lot of very different lives: physician, physician assistant, pharmacist, researcher, physical therapist, public health leader, and more. This plan is built to help you choose the one where you'll truly thrive, and to pursue it with confidence.

I'm your dad, but for this plan I'm wearing my mentor hat. Most people pick a path based on what they think they're good at, what sounds right, or what someone suggested. Very few take the time to really understand how they're wired: how they think, how they make decisions, what gives them energy, what drains them, and what natural abilities they have that they've never had a reason to notice. Some of what we find will confirm what you already know. Some of it will probably surprise you. Those surprises are usually the most valuable part.

> *The goal is for Jaedyn to understand herself at a deeper level than she does today, so she can choose the corner of health care where she'll truly shine.*

None of these tools gets to tell you who you are. They give us a starting point for good conversations. You're the expert on you. My job is to ask good questions, help you connect the dots, and keep things moving.

What we'll explore

Each tool looks at you from a different angle. Together they give a much fuller picture than any single test can.

What we're looking at	The question underneath	Tool
How you think and operate	How do you naturally process information, handle people and pressure, and approach work?	Big Five personality (free, about 20 min)
What draws you in	What kinds of work and settings genuinely energize you?	O*NET Interest Profiler (free, about 15 min)
What comes naturally	What abilities do you have that you may not realize, measured rather than guessed?	YouScience Discovery (often free through school, about 90 min)
Bringing it together	What are your top strengths, and how do you put them to work on purpose?	CliftonStrengths Top 5 (small fee, about 45 min)

We save CliftonStrengths for last on purpose. By then we'll already know a lot about you, so your results will feel like confirmation and fine-tuning, not a label handed to you on day one.

How it will go

Kickoff: a relaxed conversation (about 30 min)

- No homework, no pressure. Just talking about your classes, labs, jobs and volunteering, what you've loved, what you've dreaded, and what you picture when you imagine "working in health care."

Session 1: How you're built (about 60 min)

- **Before:** Take the interest profiler and the Big Five. Together they take about 35 minutes.
- **Together:** What surprised you? What felt spot-on? What didn't sound like you at all? The parts that don't fit tell us just as much.

Session 2: What comes naturally (about 60 min)

- **Before:** Take YouScience. It can be split across a couple of sittings. Check with UT's career services first, since schools often provide free access.
- **Together:** We'll lay what you enjoy next to what you're naturally strong at. The overlap is your sweet spot.

Session 3: Mapping real paths (about 60 min)

- We'll turn your sweet spot into two or three health-care directions and talk about what those careers actually look like day to day: the patients, the pace, the training, the lifestyle.
- We'll run each one through an **AI-resilience check**: how is AI changing this work, and what will still need a skilled, trusted human?
- We'll do a quick check that your current courses keep those doors open.

Session 4: Your strengths and your game plan (about 60 min)

- **Before:** Take CliftonStrengths over Thanksgiving break. It takes about 45 minutes.
- **Together:** We'll connect your top strengths to everything we've learned and practice how to talk about them. This is great material for future personal statements and interviews.
- You'll leave with a one-page game plan: your target direction, a backup, and your next three moves.

After that: real conversations

- Over winter break, you'll have two or three short informational interviews or shadowing visits with people doing the work you're curious about. I'm happy to make introductions.
- In early January, you'll meet with a UT health professions advisor to confirm prerequisites, clinical-experience expectations and timelines.

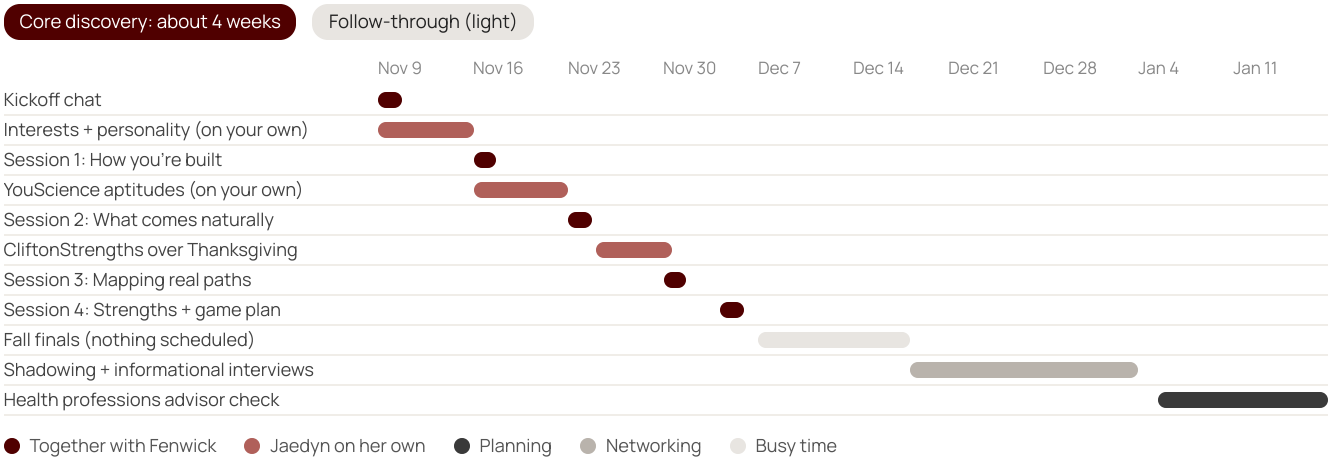
Where different strengths often lead

If you tend toward...	Paths worth a look	Example careers
Analytical, detail-oriented, loves the science	Research, pharmacy, laboratory medicine	Research scientist, pharmacist, clinical lab scientist
Compassionate, people-focused, steady under pressure	Medicine, physician assistant, nursing	Physician, PA, nurse practitioner
Hands-on, active, motivated by visible progress	Rehabilitation and therapy, dentistry	Physical or occupational therapist, dentist
Drawn to technology and data	Bioinformatics, health informatics	Bioinformatics scientist, health data analyst
Big-picture and community-minded	Public health, health administration	Epidemiologist, hospital administrator, health policy
Creative, independent, a builder at heart	Biotech, medical devices, entrepreneurship	Biotech founder, product or clinical-trials roles

This is a starting guide, not a rule. Most people are a blend, and that's a good thing. Patient-facing roles tend to be among the most AI-resilient; data-heavy roles will change the most, and they reward people who learn to use AI well.

Timeline

We'll move quickly but keep it light. The core discovery work wraps up in about four weeks, before fall finals. Nothing lands during finals, and the longer assessment comes before Thanksgiving so the break stays mostly free.



These dates are a starting point. Jaedyn, once you share your class, lab, work and exam schedule, we'll shift things so this fits around your life.

A quick note on the pre-health road

Admission to medical, PA, pharmacy and other health professional programs is competitive, and each program has its own prerequisites, testing, and clinical- or shadowing-hour expectations that can change from year to year. That's why the advisor check is built into the plan, so your next semesters support where you're headed. Discovering early which path fits you best also saves the time and money of preparing for the wrong one.

What you'll walk away with

- A deeper understanding of how you think, what energizes you, and what comes naturally to you
- Your top strengths, plus the words to describe them with confidence
- Two or three health-care paths that genuinely fit you, why, and how AI is likely to shape each one
- A one-page game plan and a pre-health checklist
- Real conversations with people doing the work, plus an open door whenever you want to talk
- **Exhibit A:** a personal letter with fifteen principles to carry with you on the road ahead

Jaedyn, I'll keep this as structured and honest as I would for anyone I mentor. We'll set the schedule around your semester, and what you learn is yours to share.



Fenwick How

EXHIBIT A

Fifteen Principles for the Road Ahead

The principles I live by, and the keys to my success, written and shared with love

"I have plans to give you a future filled with hope."

JEREMIAH 29:11

WRITTEN BY

Fenwick How

For Jaedyn How

A PERSONAL LETTER

EXHIBIT A

Fifteen Principles for the Road Ahead

A personal letter to Jaedyn, from Dad

> *"For I know what I have planned for you," says the LORD. "I have plans to prosper you, not to harm you. I have plans to give you a future filled with hope."*
>
> **Jeremiah 29:11**

Jaedyn,

Being your dad is the greatest privilege of my life. Watching you grow into the young woman you are, now at UT, digging into biology and setting your sights on a life spent caring for others, makes me prouder than I know how to say.

Our discovery plan is about understanding how you're built. This letter is about something that matters just as much: how you carry yourself once you know. One thing I've learned for certain is that words matter. What you say matters. But you're truly measured by what you do.

These fifteen principles are mine. I wrote them myself, shaped by years of work, mistakes, wins and lessons, and I believe in every one of them. They are, honestly, the keys to whatever success I've had. I've shared them with a few young people I care about, and there's no one I'd rather share them with than you.

Each principle stands on its own, but each is also grounded in Scripture, because that's where I've found the deepest truth. Plant these verses in your memory and your heart. Alongside the advice, I think you'll be amazed at the impact they have on you and on the people around you. Under each one, I've added a short note for you. These aren't just for school. They're for your career, your relationships and your life as someone who cares for the world around her.

Keep this somewhere you'll see it. Come back to it when things get hard, and when they go well.

With love and belief in you,

Dad

1. Admit fault. Quickly.

The sooner you acknowledge a mistake, the sooner you can fix it. Getting past ego and pride, and the urge to deny you got something wrong, keeps you from falling further behind, and it shows real character. If you make a mistake, own it, and own it fast, even when it's going to hurt.

> *Pride goes before destruction, and a haughty spirit before a fall.* Proverbs 16:18

For you, Jaedyn: *In health care, owning a mistake quickly can protect a patient. In every part of life, the people who say "that was me, and here's how I'll fix it" are the people others trust most.*

2. Value being good over being right.

Successful people are rarely the smartest person in the room. They give up the need to always be right in exchange for a commitment to always do better. Their goal isn't to be the best. It's to create the best, together with the people capable of making it happen.

> *The way of fools seems right to them, but the wise listen to advice.* Proverbs 12:15

For you, Jaedyn: *On every care team, lab group and committee you'll ever join, aim for the best outcome, not for winning the argument. People remember who helped the group succeed.*

3. Maintain humility.

Being humble means seeing yourself as whole and human, not defined by a title, a position or a few standout achievements. It means staying connected to people instead of using success to set yourself apart. No matter what you achieve, always look for someone smarter than you to learn from, and someone just starting out to teach.

> *For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.* Luke 14:11

For you, Jaedyn: *Whatever letters follow your name someday, keep someone ahead of you to learn from and someone behind you to lift up. That's how good clinicians, and good neighbors, are made.*

4. Communicate with precision.

A good communicator is worth more than people realize. Speaking with precision means choosing the right words and tone to express an idea as clearly as possible. It takes clear thinking, and the aim is to share ideas, not to impress, guilt or intimidate. When you talk with someone, look them in the eye with confidence.

> *A word fitly spoken is like apples of gold in settings of silver.* Proverbs 25:11

For you, Jaedyn: *Clear, kind, confident communication will matter your whole life, in interviews, with frightened patients and families, and when you stand up for something that matters.*

5. Embrace failure as a process, not a finality.

People who fear failure, and avoid risk because of it, often see failure as a permanent mark on their character. In reality, failure and success are part of one ongoing process, and failure almost always comes first. Failure is one of the best teachers you'll ever have. If you never try something for fear of failing, you're selling yourself short.

> *More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.* Romans 5:3-5

For you, Jaedyn: *You will fail at things: an exam, an application, a plan that doesn't work out. Every one of those moments is building the person you're becoming. Keep going.*

6. Don't exaggerate or complicate issues.

Anyone can make a problem more complicated than it needs to be, and most people do. It takes real wisdom, and a little tact, to make it simple.

> *Just say 'yes' and 'no.' When you manipulate words to get your own way, you go wrong.* Matthew 5:37

For you, Jaedyn: *Life will hand you problems that feel enormous. The people who lead well, in a clinic and at home, are the ones who calmly shrink them down to the next right step.*

7. Practice self-management and self-discipline.

Self-management means prioritizing your goals and staying committed to reaching them. You have to manage your time and attention while keeping your own strengths and weaknesses in mind. Set goals, no matter how small. Success comes from the actions you take consistently, and only self-discipline makes consistency possible.

> *For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.* Hebrews 12:11

For you, Jaedyn: *The pre-health road is long. Small promises kept to yourself every day, with your time, your study and your rest, add up to a life you're proud of.*

8. Meet judgment with understanding.

It's easy to get defensive when someone makes a snap judgment about you or your work. It takes wisdom to hear them out and decide whether to set it aside or learn from it.

> *A fool takes no pleasure in understanding, but only in expressing his opinion.* Proverbs 18:2

For you, Jaedyn: *You'll be judged unfairly at times, by professors, supervisors, even patients. Ask yourself whether any part of it is true. Keep what helps you grow, and let the rest go.*

9. Meet pain with compassion.

Being successful but losing your humanity isn't really success at all. When people become numbers and their struggles become statistics, leaders who stop caring come across as out of touch at best, and cruel at worst.

> *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* Ephesians 4:32

For you, Jaedyn: *In health care, every chart is a person and every person has a story. Leading with compassion is what makes the work, and success, worth having.*

10. Be flexible.

Being able to pivot from one course of action to another keeps you nimble when opportunities come up or setbacks hit. Flexibility gives you room to change direction and try new approaches instead of staying stuck with what isn't working.

> *I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.* Philippians 4:12-13

For you, Jaedyn: *Your plans will change, and so will medicine as AI and new science reshape it. Being able to adapt without losing who you are is one of the most valuable things you'll ever have.*

11. Consider the motivations of others.

Great inventors, entrepreneurs, writers and artists share one skill: they understand what other people need. Understanding why people act the way they do is essential to serving them well. Instead of taking actions and words at face value, highly successful people ask why.

> *An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.* Proverbs 18:15

For you, Jaedyn: *When you understand what people need and why they act the way they do, you become the person who earns trust, eases fear and brings people together.*

12. Collaborate with the competition.

Working with the people others would call your competition makes you stronger and more visible. Seeing others as partners instead of threats is a sign of good character, and it makes you a better teammate and leader.

> *So we built the wall and the whole wall was joined together to half its height, for the people had a mind to work.* Nehemiah 4:6

For you, Jaedyn: *Pre-health can feel like a competition. It isn't a zero-sum game. The classmates you might see as rivals can become your strongest study partners, colleagues and friends.*

13. See obstacles as opportunities.

Highly successful people are the heroes of their own story, not victims of their circumstances. They see life as a reflection of who they are, and as a field of potential they can grow into through steady practice and mental strength.

> *Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.* James 1:2-4

For you, Jaedyn: *Setbacks will come in your training and in your life. Choose to be the author of your story, not a victim of your circumstances. The hard chapters are often the ones that shape you most.*

14. Ask questions.

Asking questions is the best way to learn, and far better than acting like you know it all. Questions make sure you understand something well enough to use it or talk about it later. They show you're engaged and paying attention, they help you avoid mistakes, and they make your work better.

> *If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.* James 1:5

For you, Jaedyn: *Stay curious for the rest of your life. Ask questions in the lab, on rounds, in your community and in your faith. Curious people keep growing, and they're rarely fooled.*

15. Be honest, always.

Your integrity is your most important asset. It's hard to build and easy to lose.

> *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.* Philippians 4:8-9

For you, Jaedyn: *Your integrity will follow you everywhere: into every program, every patient relationship and every community you're part of. Protect it, and it will open more doors than any title or résumé.*

I'm proud of you for doing this work, Jaedyn. Let's go find out who you are.

Dad