

PTE Summer Learning Workbook

Exploring the Phrase: "Everything Happens for a Reason"

This summer workbook is designed to help you think more deeply about a phrase many of us use: **"Everything happens for a reason."** What do we really mean by that? Is it always true? How do different philosophers, religions, and films approach this idea?

You can choose 1 or 2 tasks to enjoy over the summer. You can handwrite or type your responses, and present your ideas creatively.

Task 1: Personal Reflection

Write a short (300–500 words) reflection answering:

- When have you said or heard "everything happens for a reason"?
- What did it mean in that moment?
- Do you still agree with it? Why or why not?

Task 2: Mini-Research

Choose one of the following philosophical views and summarise it creatively (storyboard, infographic, voice note, illustrated poster):

- Determinism
- Stoicism
- Existentialism
- Religious Perspective (e.g., Divine Plan in Christianity or Qadar in Islam)

Guiding Question: How would this view explain the phrase "everything happens for a reason"?

Task 3: Film/TV Analysis

Choose a film or show where something "bad" leads to something meaningful (e.g., The Pursuit of Happyness, Everything Everywhere All At Once, Life of Pi, About Time).

Write a short review explaining:

- What happens?
- How does the story use the idea of "everything happens for a reason"?
- Do you think the story supports or challenges the idea?

Task 4: Philosophical Dilemma

Imagine this scenario:

A person misses a bus. Because of this, they meet someone who changes their life. Was missing the bus part of a bigger plan? Or just chance?

Write two short responses:

- One from the view that it was fate or part of a plan.
- One from the view that it was random.

Then write your own view.

Task 5:

Read: A the following excerpts from *Man's Search for Meaning* by Viktor Frankl

Below are several short excerpts from Viktor Frankl's powerful book, *Man's Search for Meaning*. Frankl was a psychiatrist and Holocaust survivor. His experiences in concentration camps led him to develop 'logotherapy,' a theory based on the idea that finding meaning is the primary motivation in human life.

Excerpt 1: Suffering and Meaning

"If there is meaning in life at all, then there must be meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death, human life cannot be complete."

Excerpt 2: Choosing One's Attitude

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

Excerpt 3: Responsibility to Life

"Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible."

Reflect: How does suffering connect to meaning? Does Frankl believe that things happen for a reason?

Below is a link to the full text:

[FRANKL Viktor Man's Search For Meaning 1963 : Viktor Frankl : Free Download, Borrow, and Streaming : Internet Archive](#)