



# My Clinical Academic Career

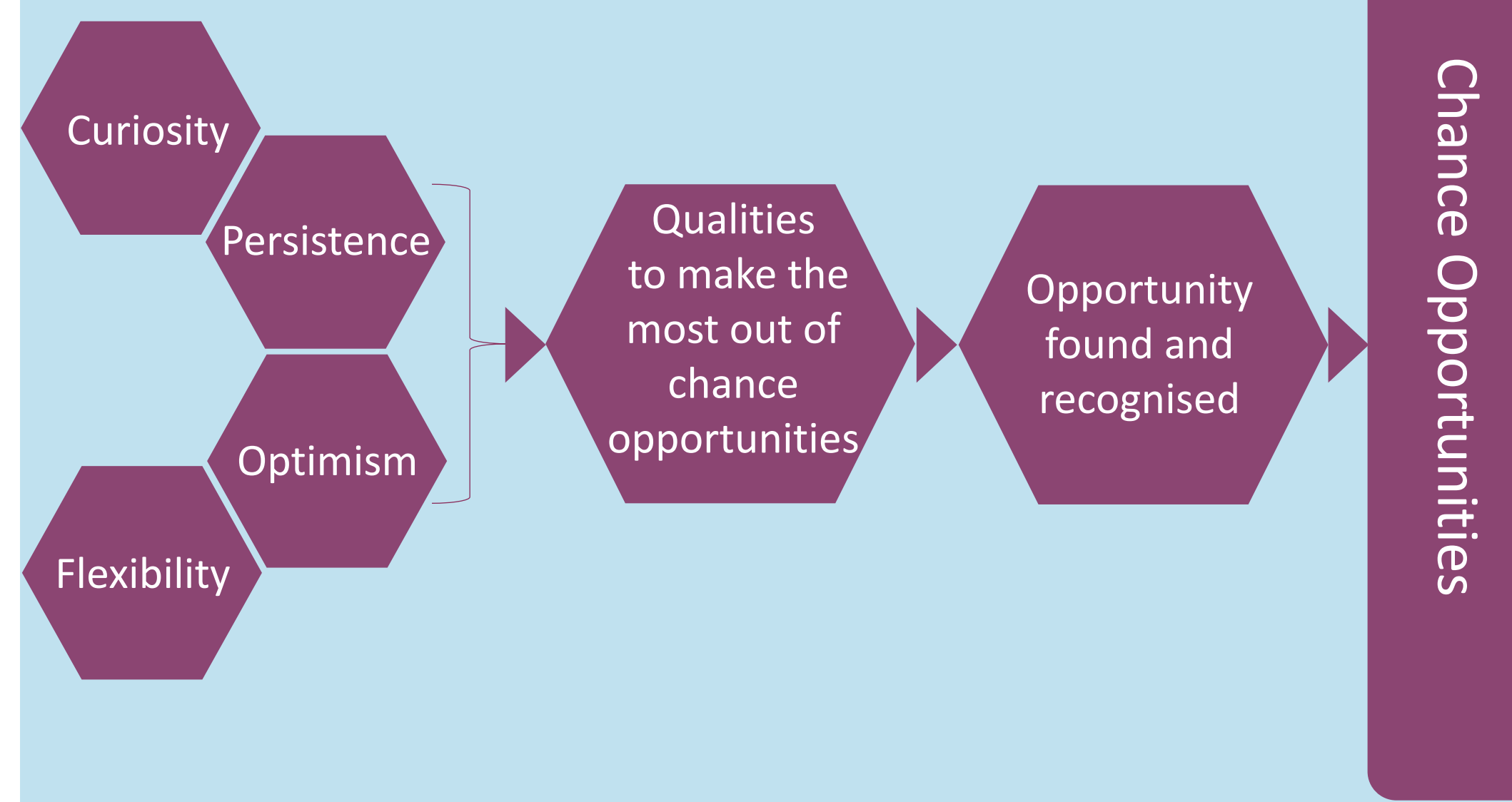
“Success depends on the ability to take advantage of unplanned events in life”

Krumboltz & Levin 2004

## Planned Happenstance Learning Theory

“Planned Happenstance Learning Theory”, is a career theory developed by Professor John Krumboltz and colleagues of Stanford University.

What was revolutionary about this theory was that Krumboltz et al. recognised that career planning didn't necessarily depend on making the one career decision or a series of career decisions at different stages of life, but that career planning was ongoing, often unplanned or influenced by unplanned events, and unpredictable in when decision making events would need to take place.



## Planned Happenstance Learning Theory

Graphic adapted from Marc Truyens Careers 2019

## Key Ingredients

to turn chance opportunities into career opportunities

### Opportunities

- ❖ Support of employer
- ❖ Protected time – time to study
- ❖ Job roles/ descriptions
- ❖ Opportunities to get involved

### Self

- ❖ Commitment
- ❖ Skills, Knowledge development
- ❖ Ongoing self-assessment
- ❖ Effective networking

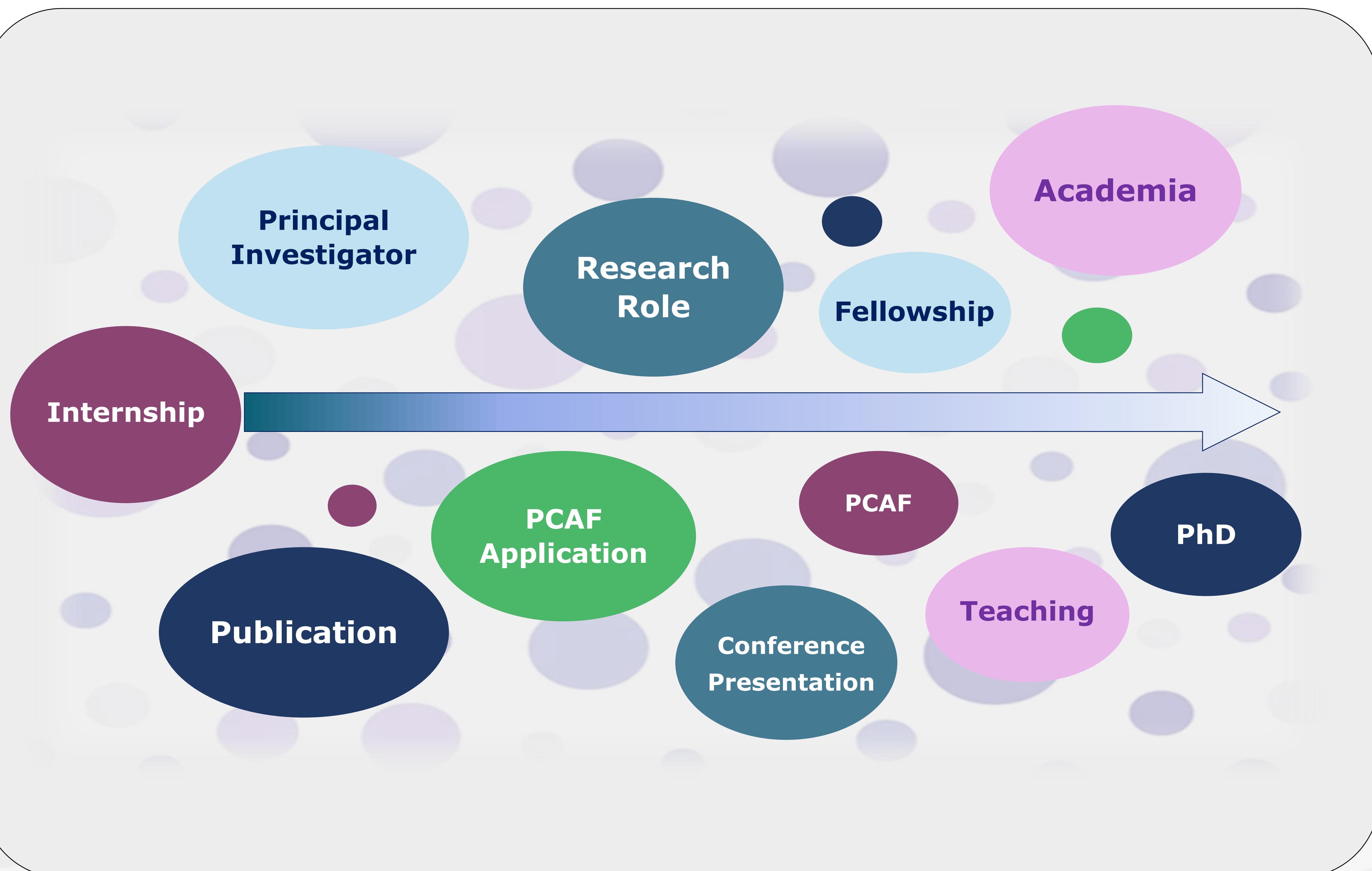
### Others

- ❖ Mentorship /Feedback
- ❖ Research opportunities
- ❖ Collective voice
- ❖ Role models
- ❖ Research drivers

Looking back at my life and career, I realised how the *Planned Happenstance Learning Theory* can explain how most importance decision and choices were made or ‘happened’. It is often shortened to ‘happenstance theory’ which can create the impression that you don’t have to do anything to plan your career or life as all will all just happen.

This is not the case; the main assumption of this theory is that ‘things will happen’ whether you like them to or not but that you actually need to prepare to see and take up the opportunities of ‘things happening’ in your life. This highlights the importance of keep learning, keep moving forward, learning and to grab opportunities with both hand when they present.

**Supporting my resilience:**  
as there is a fine line between positive challenge and negative pressure .  
Robertson Cooper 2021



### References

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