

Handling Rejection

What happens if I am turned down for a job?

Get yourself together! Don't take it personally. Remember that you are a whole person, not just an associate, with wonderful attributes and skills.

Refrain from badmouthing the company, the recruiter, or the manager. **DON'T BURN ANY BRIDGES IN THE PROCESS.** Word travels fast! More often than not, the job may have been a mismatch for your skills and abilities.

Review / identify your strengths to make sure you're looking for opportunities that match your best skills.

Reflect on the interview itself while it's still fresh in your mind. What went really well? What needed improvement? Were you prepared for all the questions? Did you connect" with the interviewer? The manager?

Critique your professional appearance, mannerisms and language. Review Successful Interviewing and The Big Day.

Reexamine your resume and ask someone who is objective and skilled to carefully review and proof the document. Often the interviewer uses the resume to guide the interview. Take a closer look. Does it accurately market your skills, competencies and abilities? Review Developing A Dynamic Resume for help in this area.

Watch out for signs of depression. Rejection can create a vicious cycle of negativity. If you are getting depressed, consider taking a break by focusing on another area of your life until you feel more positive or ask an expert for advice. Keep in mind that rejection is part of the job search process. It's a numbers game to find the right opportunity. Don't give up!

Gather all of the facts

Ask for feedback from the recruiter and/or the manager. Did you research the position? The department? The company? Is this rejection becoming a pattern? Is this an issue you've struggled with before?

Role-play responses to common interview questions. Maybe negative nonverbal messages are coming across loud and clear.

Review Interview Questions, then find an objective partner to give you feedback.

Did you prepare questions to ask the interviewer? If not, review Interview the Interviewer. If so, were the questions appropriate and timely for the meeting?

Make it happen!

Take the next step and make a note of what you'll need to do differently during your next interview. Also identify the steps you have taken to correct any issues that you identified.

Remember to always keep your options open. Never put all your eggs in one basket.

Alternate job opportunities, also known as "Plan B," provide individuals with more control in the process.

If you have identified educational needs, have you researched where you can take classes? Have you taken the next steps to register for those classes?

If you are missing essential experience that you can't obtain through your current position, consider volunteer opportunities or club involvement that might give you that opportunity. Consider joining a professional or networking group.

Identify an individual whom you respect and consider discussing your career plans. Request assistance in developing a mentor relationship.

Take advantage of networking to identify new opportunities, and better job strategies. A professional network includes people who know how you work. They can convey their opinion on how well you perform. Their experience your business persona and can help you identify your contributions to work efforts. Ask for feedback!

An affiliation network includes business associations, community groups and professional groups. Their opinions are valuable since they are based on how well and how much you contribute to the overall objectives of the group. Get involved!

Read, review and seek assistance from the experts when you get stuck. Ongoing learning is an important part of life!