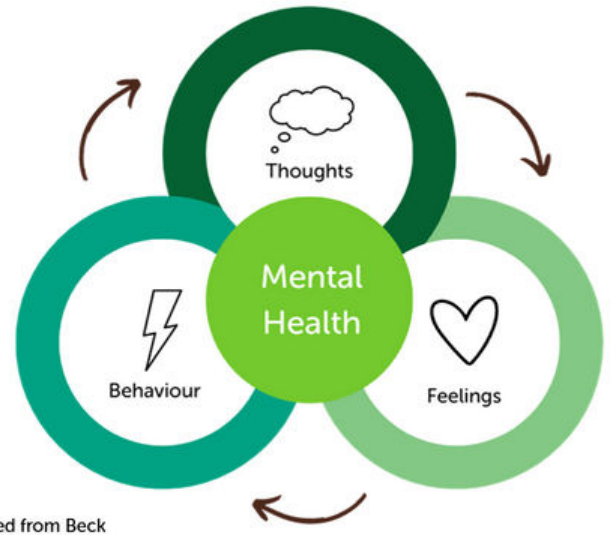


Dealing with rejection

Rejection can significantly impact thoughts, feelings, and behaviours, often leading to self-doubt, frustration, and a sense of inadequacy. Thoughts may become overly self-critical, questioning personal abilities or worthiness, while feelings can range from sadness and disappointment to anger and resentment. These emotions may, in turn, influence behaviours, such as withdrawing from future opportunities, avoiding risks, or procrastinating on new applications. Understanding and addressing these reactions is essential for maintaining resilience and a balanced perspective in the face of rejection.



What can I do?

When we have applied for something and given our all, there are two things to consider. 1. The letter of rejection and the feelings that come with that; and 2. Not hearing back at all from an application, this can encourage the negative cycle even further. To help gain some perspective it is important to remember that setbacks do not define your future, there is an opportunity to grow and that rejection is NOT a reflection of you as a person, there could be many reasons for not being successful that you may never be aware of.

How many rejections may I receive?

Unfortunately there is no magic formula

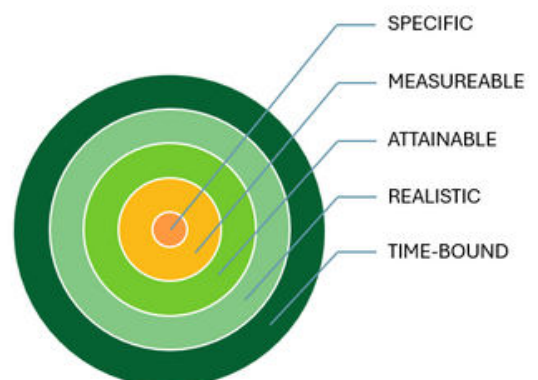
There are many factors to consider, popularity of the position, the organisation size, the qualifications needed, the field the job is in, potential for progression within the role, and whether you are being realistic about your skills whilst applying

How many jobs should I apply for?

Experts in the field of recruitment say that you should apply for around 2-3 jobs per day! Sound too little or too many? The reasoning is that you do not want to saturate your chances but also do not want to hedge your bets on one or two only. A quality tapered CV will be most effective and it takes time to create a bespoke one for each role.

What job should I apply for?

One mistake that will increase the likelihood of rejection is applying for roles that require experience or qualifications that you simply do not have. Every career needs to start somewhere though, so spend time really figuring out what it is you want to be doing in 5-10 years. Visualise what it looks like for you are then plan on how you want to get there. Like a road trip, it takes time getting everything prepared but the journey is worth the wait!



Specific: I'm going to identify a job that aligns with my skills, interests, and long-term career goals.

Measurable: I will prepare a tailored resume and cover letter by [insert date here].

Attainable: The job I want requires specific qualifications, so I will start by identifying entry-level positions or roles where my transferable skills can be valuable.

Relevant: To improve my chances, I will enrol in an online course or attend workshops related to the field I want to work in, which will also enhance my understanding of the role.

Time-Bound: I will give myself three months to build my confidence, gain relevant skills, and submit my first job application to a role I feel prepared for.

Dealing with rejection or not hearing back after an interview can be disheartening, but here are some tips to help you cope and move forward:

1. Acknowledge your feelings

It's okay to feel disappointed, allow yourself some time to process your emotions.

Remind yourself that rejection is a normal part of the job search process.

2. Reframe rejection as growth

View the rejection as an opportunity to learn and improve.

Reflect on the experience: What went well? What could you do differently next time?

3. Seek feedback

Politely ask the employer for feedback if they haven't provided any.

Use their insights to refine your interview skills or application.

4. Focus on what's in your control

Tailor your resume and cover letter for future applications.

Continue improving your skills or certifications related to the roles you're applying for.

5. Stay proactive

Apply to multiple positions to increase your chances of success.

Follow up politely if you haven't heard back after a reasonable time (e.g., 1-2 weeks).

6. Build resilience

Remind yourself of your strengths and accomplishments.

Keep a positive mindset: the right opportunity will come at the right time.

7. Stay connected

Network with professionals in your field through LinkedIn or industry events.

Ask for advice or leads on job opportunities.

8. Take care of yourself

Focus on activities that bring you joy and reduce stress, like exercise or hobbies.

Talk to friends, family, or a mentor for support and encouragement.

9. Keep perspective

Rejection isn't personal—it may simply mean another candidate was a better fit for that specific role. Remember, every "no" gets you closer to a "yes."

10. Move forward

Treat each rejection as a step closer to finding the right job for you. Keep applying and interviewing—you only need one "yes" to succeed! Rejections are tough, but they're part of the journey to your next opportunity.

