



GRADUATE PROGRAMS

OSU Center for Health Sciences

Combating Rejection

Eight Ways to Combat Rejection

Despite all the efforts put into a job search, even the best candidates are faced with rejection at one time or another. Successful job seekers learn from it and move on without settling for frustration. Keep these eight tips in mind as you progress through your job search. Hang in there. **YOUR** job is out there!



1. **Follow-up with the employer. Many others won't!**

- ◆ Find out what skills/abilities the employer was looking for. Identify if those are skills you possess and learn how to effectively market them for the next job opportunity.
- ◆ Ask the employer if there are any other positions within their company that they feel you qualify for. This employer is now a part of your networking system.
- ◆ Thank the employer for their time. Send a thank you note and express interest in working for the company in the future. Leave a positive impression.
- ◆ Try to gain something from every rejection. Yes failure is a learning process. If you gain something from every failure, then it isn't a failure.
- ◆ Don't be overly critical of yourself. The selection process may not have been as objective as you thought. (i.e. internal candidates have preference, CEO'S niece, etc.) Even the BEST candidates get rejected for some reason or other! Spend time analyzing why something wasn't successful. Sometimes we take things personally rather than objectively.

2. **Stack up the odds - it's a number game!**

No matter how many times you are told "no" you only need one employer to say "yes!" Your chances to succeed are proportional to the number of attempts you make. The more chances you give yourself to hear "no" the closer you are to a "yes."

3. **Don't dwell in set-backs.**

Designate a short time to get over your set-back and then move on. Remain positive about your future. Most corporate CEO's have also been rejected at some time or other. Make another attempt as soon as possible. Don't remain on a down note.

4. Don't blow things out of proportion.

What seems like a big deal today you won't even remember 7 years from now.

5. Stay in the moment.

Enjoy the prospects this moment has to offer. Don't live in the past.

6. Look for inspiration through others.

Use your support network to keep you grounded. Your job is around the corner. Stay with it. You WILL succeed.

7. Don't be afraid to fail.

Don't psych yourself out before you start. Remain confident with each opportunity you pursue whether it's how you phrase a statement in your resume, convincing a gatekeeper to let you talk with a prospective client, or making a cold call. Each step you take is one step closer to the right employment offer.

8. Don't worry about something that hasn't happened.

Put your track record behind you. Many of life's failures are made up of people who did not realize they were so close to success

A message from Alexander Graham Bell:

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that opens for us. Keep your head up!"
