

Three Steps for Handling Rejection

1 **Learn From It!**

Get information about why you did not get the job. Call and ask the interviewer what you could have done differently and use this information as you look for other jobs.

2 **Think Positive Thoughts!**

When you hear you didn't get the job, say positive things to yourself. For example, tell yourself you are a winner.

3 **Move On!**

Stay positive and start working on your next move. Plan out how you will go for that next position.

Rejecting Rejection

In your group, one person will be the character in the story. The other two in your group will be friends or family of the character. Read the situation. Then your group will role play the situations to show how the character will use the **Three Steps for Handling Rejection**.

Annie: This was the third job for which Annie had applied. She wanted to be a nurse. She earned her medical technician certificate and wanted a job in a doctor's office. She planned to take classes towards her nursing degree while she worked. The last doctor she interviewed with told her they needed someone with more experience. How can Annie handle this rejection?

Mark: Mark had been looking for a job as an assistant store manager for the last three months. He had worked as a lead salesperson and stockroom supervisor for a large department store. Mark had taken five business courses. He felt ready for management. Mark was feeling rejected. He had seven interviews with no job offers. How can Mark handle this?

Tremain: Tremain was ready for his first big job as an auto technician. He had finished the training program. He was now looking for a job in a big shop. He had interviewed four times, but still hadn't had an offer. Tremain was feeling down. How can he handle the rejection?

Teresa: Teresa is very good in flower design. She has finished two training courses. She was now ready to look for a job. She had worked at the local burger shop, but never in a floral shop. Teresa felt bad for being rejected after her first interview. How can she keep a good attitude?