

23 Learn How to Handle Rejection When Applying for a Job

TRANSITION OBJECTIVE

Students will practice ways to handle rejection.

RELEVANCE TO SUCCESSFUL TRANSITION

When applying for a job there is always a potential for rejection. This can be a very vulnerable time for an inexperienced person. Practicing the actions to take when rejection occurs is a good way to prevent discouragement.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I can handle rejection by . . .

❑ STEP 2: Convene Roundtable

"When I ask for something and am told, 'No,' I feel ____."

❑ STEP 3: Advance Organizer

"Today you will practice ways to handle rejection."

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CAREER MANAGEMENT: Unit 2 LESSON 23

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.

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Steps for Handling Rejection with the class, using relevant examples.

1) **Learn From It!** Get information about why you did not get the job. Call the interviewer and ask what you could have done differently. Use this information to do better the next time.

2) **Think Positively.** When you find out that you didn't get the job, remind yourself that you are a winner and that maybe some other applicant was better qualified for this particular job. You are a winner, so give yourself another chance to win.

3) **Move On!** Do not quit trying. Begin working on the next job application right away.

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CAREER MANAGEMENT: Unit 2 LESSON 23

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?

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❑ STEP 4: Activity - 15 Minutes

Explain to students that when they are involved in looking for a job, they will experience rejection. It is critical that they handle "No" like a winner. Explain the **Three**

□ STEP 5: Activity - 30 Minutes

In groups of three, students will role-play the situations described on the handout **Rejecting Rejection**, to practice the **Three Steps for Handling Rejection**. Each student in the group will role-play one of the main characters (Annie, Mark, Tremain or Teresa), while other group members play the role of friends or family members in the scenario. Allow about 10 minutes for the groups to role-play the three scenarios. Have each

group present a scenario to the class. After all scenarios have been presented, discuss students' feelings about rejection.

□ STEP 6: Evaluate Outcomes

It is important to handle rejection because "_____."

□ STEP 7: Connecting Activity

Describe one time you were told "No," and how you handled it. Tell how you would use the three steps to handle it now.

KEY WORDS

rejection**accept****positively****planning****MATERIALS AND PREPARATION**

- Student Handouts: **Three Steps for Handling Rejection**, page 105; **Rejecting Rejection**, page 106.
- Prepare a screen image of the handout **Three Steps for Handling Rejection**.
- Prepare for group role-play using **Rejecting Rejection**.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Listening, Speaking
- Thinking Skills: Creative Thinking
- Personal Qualities: Sociability