



Career Seekers Direct
Career Management Services

Career Seekers Direct

Top 5 Tips for Coping With Job Application & Interview Rejections

It is never easy coping with any type of rejection. We all experience them throughout our lives in one form or another. However, it can serve as an excellent learning exercise. Here are our Top Tips on how to react and improve when you are rejected for an employment opportunity.

TIP ONE: "Face the Rejection"

It can be very easy to shy away from an entire application once you have been rejected. After all, why spend any thought or time on an unsuccessful application when you can start applying for something else? The problem with this approach is you will never learn where you went wrong with your initial application. Read through your CV and application documents again, even if you can't figure out why you were rejected, facing rejection will help you come to terms with it and you can then start to deal with it!

TIP TWO: "Find Out What Went Wrong"

Sometimes we are rejected because there simply a better candidate or pure bad luck was the reason, but this isn't always the case. Look at the initial vacancy advert and read through it and see if your application / CV matches it. Did you have the necessary skills, knowledge, experience and qualifications the employer was seeking? Did your application / CV have any spelling or grammar errors? Once you have identified what potentially went wrong, you will now be in a position to rectify these areas for future use with job applications, interview technique and CV creation.

TIP THREE: "Ask for Feedback"

You can't truly know what went wrong with without getting some feedback from the people who judged your application / interviewed you for a vacancy. Upon receipt of your formal rejection, either telephone or email the recruitment team politely asking for some feedback on your application / performance in your Interview. This information / feedback is vitally important and valuable and can make the difference in the future when it comes to your next application / interview.

TIP FOUR: "Apply the Feedback to Your Next Application"

Getting hold of feedback is one thing, but what is equally important is applying it to your next application. This may seem obvious, but many people receive feedback and never make use of it! This could result in the person not being able to find ways to improve and end up making the same mistakes in their next application. Make sure you take all feedback on board and spend some time improving.

TIP FIVE: "Stay Positive!"

Finally, remember that not every job will suit you and that it's completely normal to be rejected from a job application. It happens to so many people so you shouldn't feel inferior just because you have been rejected. It is important to remain as positive as possible throughout all your applications. A negative attitude might impact your motivation when applying for future jobs, or it could harm your interview chances. It pays to remain positive and have an optimistic approach about your future.

For additional support choosing and getting the ideal job for you, contact Career Seekers Direct.

Email: enquiries@careerseekersdirect.co.uk

Website: www.careerseekersdirect.co.uk

Tel: 07901 517012