

GET THE JOB

Handling Rejection During a Job Search

How to Stay Consistently Motivated and Learn From Every ‘No’

Rejection is part of every job search, but that doesn't make it easier to hear. Whether it comes after an interview or from a résumé that never got a response, being told “no” can shake your confidence and motivation. Still, rejection isn't failure — it's information. And with the right mindset, it can move you closer to the right opportunity.

TAKE A MOMENT, THEN MOVE FORWARD

It's normal to feel disappointed, especially if you were excited about the role. Give yourself permission to react, but don't dwell on it too long. Rejections are rarely personal. Most hiring decisions come down to fit, timing or internal considerations you'll never see.

After taking a breath, get back to your search with fresh eyes. Apply for something new, update your résumé or reach out to a connection. Forward movement helps restore momentum and shifts your focus back to what's next.

LOOK FOR PATTERNS AND ADJUST

One rejection doesn't require an overhaul — but if you're seeing the same results



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again and again, it might be time to evaluate. Are you applying for the right roles? Are your materials clear and up to date? Are you preparing well for interviews?

When possible, ask for feedback. Not every employer will provide it, but some will give helpful insight if you ask

politely. Even a few words about what made another candidate stand out can help you refine your approach.

If you're not getting interviews at all, revisit your résumé, cover letter or application strategy. Sometimes a small tweak — like tailoring your experience more directly

to each job — can make a big difference.

REFRAME REJECTION AS PROGRESS

Each application and interview builds experience. You're learning how to present yourself, how to respond under pressure and how to

clarify what you really want in a job. That's valuable, even when it doesn't lead to an offer.

Remember, you only need one “yes.” Until then, keep moving, keep learning and keep showing up. The right opportunity may be closer than you think.