**HANDLING REJECTION**

Rejection is part of the job search process.

Expect to receive several “no’s” before reaching the one “yes” you need.

**Keep in mind the following**

* The job search process is competitive.  There are many qualified candidates.
* Rejection takes place at all levels. It knows no boundaries.
* Do not take an employer's decision personally. There are many variables -- some in your control, some out of your control.
* You will not be the right candidate for every opportunity (and not every opportunity will be the right one for you).
* Evaluate your performance and make room for improvement.
* If you see a pattern, consult with your [career counselor](http://www.ncsu.edu/career/quicklinks/staff.php).
* Make corrections to your approach as needed.
* Keep your confidence high. Believe in yourself so that others will too.
* Every student brings strengths. Be ready to communicate yours.