

## How to Handle a Rejection after an Interview?

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### Commentary

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After months of waiting you got the call, but instead of celebrating, you climbed into your bed and you let out a sigh. You got rejected, again.

Every rejection feels like a lost war. Human mind finds it very hard to accept rejection of any sorts. Be it related to love, entertainment or career, especially career. You see, since childhood we have been taught and asked to dream. And we dreamt, a lot. We dreamt about cool cars, big houses and world tour. What we were not told was that to achieve these dreams we needed to have an aim, more precisely a good, well paying job. Contrary to most beliefs studying is the easy part. We are given a syllabus to understand and memorise and we do it to utter perfection. But after this comes the dreadful task of trying to find a job. This process involves hours of scrolling through webpages, writing hundreds of applications and editing our resume till it cannot be edited anymore. And after all this we get called for an interview.

Imagine this, you wake up one normal day way earlier than you were supposed to wake up. You get all dressed up and you leave for a particular office. You reach there, and you wait. You are finally called, but by now you are all sweaty and your food got digested. Suddenly you start to feel tired, hungry and even nauseous. You ignore all that, put on a smile and you open that door. There is a table and on one side of the table, there is an empty chair and on the other few more chairs which are occupied. You take a seat and then time flies by. After a few minutes you leave the door, and you let out a sigh. You go back home, and you start waiting again. And then you get that call, letter or e-mail and instead of climbing up one step towards your dream, you take two steps back.

For a moment you feel everything is worthless. Everything you have worked for turns out to be pointless

and meaningless. You lose hope. But do not worry because we can help you. There are thousands of candidates each day feeling depressed and lost after being rejected by a firm. If they all decided to climb into their beds and quit, this world would have no winners.

The best example is the story of Chris Gardner. He is an American business man, stock broker, investor and motivational speaker. There was a time in his life when he was homeless. He has even slept on a public washroom with his son after being kicked out of his house. His story was so inspiring that in 2006 Gabriele Muccino made it into a motion picture "The pursuit of happiness" starring Will Smith and his son Jaden Smith. The movie was a box office hit and is considered an all-time inspirational movie.

Different people have different way of coping with rejection. You must find out what suits you best. Some of the best ways to get over being rejected after an interview are:

**Believe in your self**-I know this is something easier said than done, but, one of the best way to believe in your self is to tell yourself that you are capable of changing the world. Know that the whole world is a machine and we are all parts in it. Every part in a machine comes with a use. We just have to find it.

**Stay positive**-Once you start to believe in yourself the rest will become a piece of cake. Know that you will get many other opportunities. Constantly remind yourself that when one door closes, another one opens.

**Improve yourself**-Find out what you did wrong and use it to be better next time. Every failure is a free lesson to improve ourselves. Haven't you heard that failures are the stepping stones towards success.

**Know that it was for the best**-If a company rejected you that means they did not understand you. Do you really want to work somewhere where they do not realise your potential and talents?

**Narrow your search**-Be selective about where you apply. Do not feel bad to turn down opportunities that you do not feel comfortable about.

**Gain feedback**-It is quite difficult but try to gain a feedback from the employer or company so that you can realise where you went wrong.

**Learn something new**-Use the time in between applying for jobs and interviews to take up some new online courses. Websites like coursera and edX offer a wide range of courses to choose from. These will free your mind and will also make your resume stand out.

**Other opportunities**-All corporate firms or even government firms want hardworking employees. So, in the free time apply for small time internships. Even if it is content writing, an extra certificate is always a plus point.

**Change position sought**-If you are rejected in every firm while applying for the same position then maybe you

could try applying for some other job. There will be different sorts of vacancies in the same department so try applying for another position at the same firm.

**Dream**-Amidst all the self-realisation and learning do not stop dreaming. Reinhold Niebuhr once said, "Aim for the stars, maybe you'll reach the sky." Knowing and reminding yourself why you need to do this is important to help one focus.

And finally, **Have faith**-We all believe in different things. Some believe in God, others believe in science, but we all believe in something. Trust that belief. Know that your belief and your faith ultimately determine what you get and what you do not. If you have faith, then you have everything.

Paulo Coelho said in his book *The Alchemist*, "When you really want something all the universe conspires in helping you achieve it". Live by this as even when all seems lost know that the mighty universe is in your side rooting for you. Do you really want to let the universe down?

