

Tufts Career Center FAQ of the Week

I've experienced rejections in my job search/grad school application process, and I'm feeling frustrated. What should I do?

Needless to say, facing rejection is tough -- whether it's applying to jobs, grad schools, or something else. Try to keep these important things in mind:

It's okay to be disappointed. Feeling disheartened or losing confidence after rejection is natural. Believe it or not, these feelings say something good about you! They mean you care about what you're doing.

Everyone – and we mean everyone – faces rejection. Whether it's sending an application that disappears into the void, failing to receive a call-back after an interview, or getting all the way to the final round and then hearing a 'no,' you are not alone in facing the challenge of rejection.

Your self-worth is not tied to a single (or even several!) rejections. While rejection is difficult, it doesn't diminish all you've accomplished thus far, nor does it predict your ability to succeed in the future.

A large part of managing the challenges is building your resiliency. [Check out this resource](#) for more tips and resources.



Explore



Build



Launch