

Handling Rejection

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No one likes to be rejected whether in a personal relationship or for a professional employment opportunity. While I am not an expert in providing advice for broken personal relationships, I can shed some light on handling professional rejection.

Let's face it, for any job opening, many people will apply, but only one will get the job. It does not mean you are a bad person or not qualified for the job. It simply means the one who received the offer was the most fit for the job in the eyes of the employer. The way you handle rejection is critical in your professional career.

Many rejected candidates behave in a dreadfully unprofessional manner when they hear the "bad" news. Never burn any bridges. The lab professional community is very small, and people tend to talk. Don't add a bad label to your name where you become undesirable, regardless of your professional credentials. By acting unprofessionally, you are affirming to the employer that they have made the right decision by selecting another candidate and not hiring you.

It is believed that one's true character emerges during periods of diversity. You need to control your emotions. Instead of responding in a negative and unpleasant way to the "bad" news, consider saying: "I am disappointed because I was really excited about this position. I am extremely interested in future opportunities with your organization." Be sincere about it and show interest. You will stay in the picture and when the time comes for the organization to hire a new person, you will be first in the minds of the hiring managers.

As a candidate to an opening, you are just that. You are not guaranteed a job even if you feel you have done outstanding performance during the interview process. Others may have done better. Don't take rejection in a childish way. Threatening to sue or to take legal action is silly. Demanding for specifics on the qualifications of the hired person is absurd. Intimidating to call someone with influence is ridiculous.

After an interview, it is acceptable to contact the hiring managers with a letter, email or a phone call. However, be courteous! Show your thoughtfulness and professionalism and you will be remembered by leaving a positive impact.

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