

Handling Rejection

Goal: To teach participants how to handle rejection by turning it in to a positive situation.

Objective: By the end of this, participants will be able to use rejection as a learning tool.

Materials:

Flip chart or craft paper
Notebook paper
Pencils
Markers
Crayons
Scissors

Leader's Note-

1. Ask students if they know the meaning of rejection?
2. Guide a brief discussion.
3. Tell students that rejection is refusing a proposal or idea.
4. Rejection can happen in your career, relationships, friends, in business etc.
5. There are many things you can do after being rejected. They are...
 - Giving yourself time to process the rejection.
 - Talking to an adult or trusted friend.
 - Don't take it personally or think less of yourself due to the rejection.
 - Do something fun and safe to take your mind off of the rejection.
6. Other ways to deal with rejection is to reframe it.
7. Reframing it means to look at it from another perspective.
 - For example, if someone rejects your idea maybe it is because they had a different vision. It doesn't mean you have a bad idea.
8. Use rejection as a way to improve.
 - For example, if someone rejects your idea, maybe present it to someone else in a clearer manner.
9. There are famous people and business owners that experienced rejection before they became successful. Here are three examples below...
 - J.K. Rowling, the author of Harry Potter Books, was rejected by 12 publishers who read her manuscript. Barry Cunningham, of Bloomsbury, agreed to publish the book. He told Ms. Rowling to get a day job because there was no money in children's books.
 - Michael Jordan was a famous basketball player and is responsible for the Air Jordan brand. He was cut from his high school basketball team. He has won six championships in the NBA and is a billionaire.

- Colonel Sanders, who founded KFC, started working on his business at 65 years old. He drove around the county trying to sell his chicken recipe. He was rejected 1009 time before someone said yes to his recipe.

Activity - Reframe it

Leader's Note-

1. Tell students they are going to do an activity called "Reframe it."
2. Break students up into groups of 2.
 - Give each group flipchart paper or a large piece of paper
3. Ask each group to brainstorm rejection scenarios for their age group.
4. After brainstorming, ask students to create one rejection scenario.
5. Then each group will create a storyboard on how to reframe the rejection.
6. The storyboard, which resembles a comic strip, should include the following...
 - Characters
 - Dialogue
 - The story line should demonstrate what or who is being rejected.
 - The story line should include how the characters reframed the rejection.
 - Use markers or crayons to make the storyboard colorful.
7. Examples of rejection and methods to reframe are...

Rejection	Reframe it
Rejection from peers or classmates	Those classmates have a different perspective. Find like-minded classmates that are on your level.
Rejection from a club or team sport	Think of Michael Jordan. Keep practicing or studying until you are at the top of your game.

8. After students have created their storyboards, have them present to the class if they are comfortable.
9. Have the class offer more suggestions of how to reframe the rejection a group presented.
10. Debrief the class by asking the following questions:
 - Was it difficult to find ways to reframe a rejection?
 - Did the real-life examples, such as JK Rowling, given earlier inspire you? How?
 - Other observations?