

# How to deal with rejection in the search for an apprenticeship

## Search for an apprenticeship

When a job vacancy is advertised, there are often many applicants. Ultimately, only one person gets the position. All of the other applicants are turned down.

The same thing holds true for apprenticeship positions. Depending on the region and occupation, a given apprenticeship vacancy may draw few or many applications. In some cases, there may be dozens of applicants vying for the same apprenticeship position. All applicants need to realise that their application may be turned down even when it seems to be a great match.

Rejection is not uncommon in the search for an apprenticeship and there is nothing personal about it: Don't allow yourself to get discouraged. There may be reasons beyond your control that influenced the negative outcome:

- The company was flooded with applications and decided to invite only the candidates with the very best grades.
- There are only a few apprenticeship positions available for the desired occupation.
- There are only a few apprenticeship positions available for the desired occupation in the region where you live.
- You are applying for a "dream job" – and competition is particularly stiff.
- Your application arrived too late and the apprenticeship position was already given to someone else.

## Tips:

- Check your application documents and consult someone you know, or a professional in the field you are interested in. What do they think about your application file? Is it complete? Are there any spelling mistakes? What does it look like? What improvements can be made? Is there any information that should be tweaked or added for your application to stand out? (see also [www.myberufswahl.ch](http://www.myberufswahl.ch) > Step 6.3)
- Think about the interview that you did. What went well? What didn't go well? What can you do differently the next time around? Practice your interviews.
- Talk with your parents, teachers, guidance counsellors, friends and other young people who are looking for apprenticeship positions to find out more about their experiences.
- Don't be afraid to ask the company why they turned down your application; you can also ask someone to give you tips on how to improve.
- Nobody is made for only one specific job. Look at jobs similar to the one you applied for and ask yourself if there are any alternative education and training pathways that can help you reach your objectives. Also use guidance counselling services and the Vocational Information Centre. Keep an open mind!

## Importantly

Don't give up, remain determined and continue to apply for other apprenticeship positions. Apprenticeship vacancies are advertised on the Internet.