

IMPACT OF REJECTION ON COUNSELORS

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TIME TO REFLECT...

IS REJECTION REAL IN COUNSELORS?
DO WE IGNORE THAT EMOTION?
HOW CAN WE ADDRESS IT?



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LET'S MAP OUR EMOTION



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EMOTIONAL IMPACT OF REJECTION

Social anxiety

Embarrassment

Poor self-esteem and self-worth

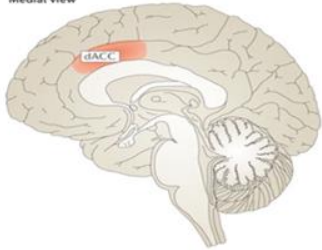
Hurt and pain

Loneliness

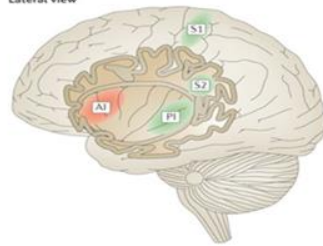


EMOTIONAL IMPACT OF REJECTION

Medial view



Lateral view



Nature Reviews | Neuroscience

The answer is — our brains are wired to respond that way. When [scientists placed people in functional MRI machines and asked them to recall a recent rejection](#), they discovered something amazing. The same areas of our brain become activated when we experience rejection as when we experience physical pain. That's why even small rejections hurt more than we think they should, because they elicit literal (albeit, emotional) pain.” - NPR

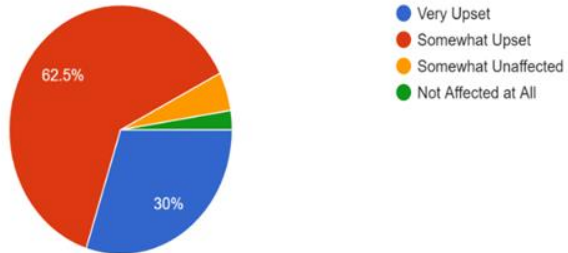


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SURVEY DATA

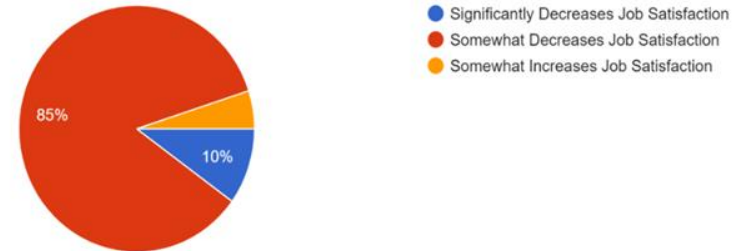
How do you typically feel when a student you're counseling gets rejected from their preferred college or university?

40 responses



How would you describe the overall impact of student rejections on your job satisfaction as a counselor?

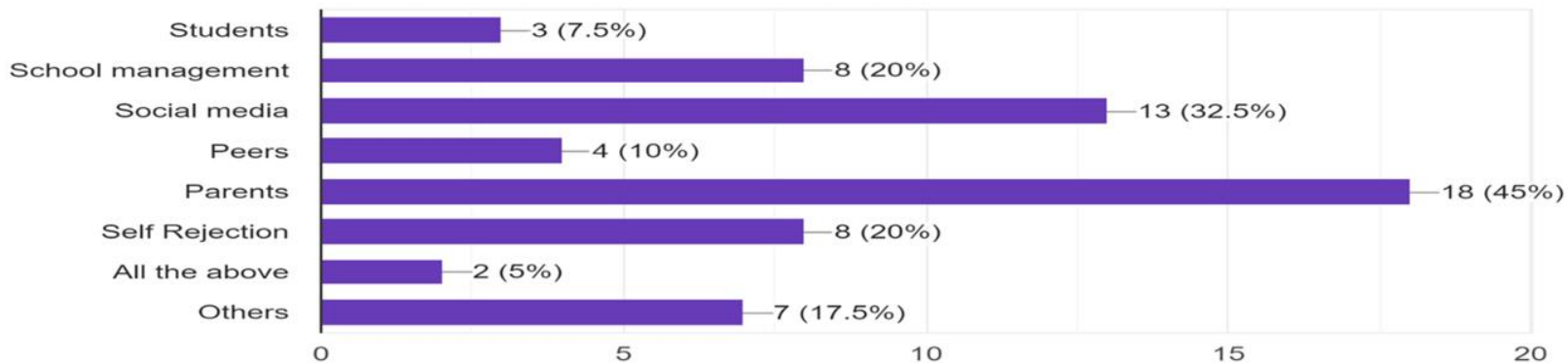
40 responses



SURVEY DATA

Who makes you feel rejected the most?

40 responses



CONTRIBUTORS TO COUNSELOR 'REJECTION'

Students

Peers

Parents

Social Media

School

Self



COUNSELOR AND STUDENT

- A university rejects your student
- You reject a university for your student
- A student feels rejected even when they don't get expected grades, SAT scores, predicted grades, teacher denies writing LOR, etc.
- A student is not happy with the content and quality of their essays
- Student turnout and response
- Case studies



COUNSELOR AND PARENTS

- External counselor/ school counsellor
- Unrealistic expectations- dream university applications
- When parents don't prioritize counseling sessions and workshops
- When parents only prioritize Rankings and not the intangible benefits of the teaching and learning environment



COUNSELOR AND SCHOOL

- School management rejects ideas/ proposals
- School denies your participation in a conference or fam trips
- Teachers crib about prioritising career counselling sessions over academics
- Teachers always judge you for your travel and professional glam
- Don't get enough class time with students
- Teachers ask IEC's to write recommendations
- 'Punish' students for using IEC's



COUNSELOR AND SOCIAL MEDIA

Comparing
yourself to your
highflying
counselor friends

Counselor fam
trips, conferences,
networking
dinners

Social media
posts by
colleagues

Responding on
counselor
WhatsApp groups



COUNSELOR AND SELF

Limited opportunities for tier II & III city counselors

Brain Bully-doubting your capability, potential, knowledge

Session proposal rejections

Self-reject an opportunity



PEER REJECTION

New counselor
finding their
niche

Peers not
sharing
opportunities

Peer
acceptance to
collaborate for
session

Rejection for an
experienced
counselor



COUNSELOR AND UNIVERSITY

False commitment for Career fair

Workshop deliveries

Lack of support in application

Lack of recognition as 'target group'



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PROFESSIONAL AND PERSONAL IMPACT OF REJECTION

- Self Efficacy
- Problem of over providing / over-promising
- Lack of interest in work
- Lose zeal for passion projects
- Burn out
- Client / counselor Relationship
- Emotional and mental well-being



Handling Rejections? Solutions?



**Counselors have the power to defy rejection!
Gifted with resilient DNA 😊**



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REJECTION RESILIENCE STRATEGIES

- **Awareness** that either you are feeling rejected, or you are rejecting someone
- **Acceptance** that rejections are unavoidable



REJECTION RESILIENCE STRATEGIES

- Find a Mentor
- Professional Support Network



REJECTION RESILIENCE STRATEGIES

- Self-care practices
- Self-reflection
- Emotional and mental first aid kit



REJECTION RESILIENCE STRATEGIES

Emotional and mental first aid kit

- [University applications and well being](#)
- [Therapy tools for mental health professionals](#)
- [American Psychological Association](#)
- [Free reflection sheets, test, self help resources](#)



Q&A



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