



WORLDWIDE UNIVERSITIES NETWORK (WUN)
EARLY CAREER RESEARCHER WEBINAR SERIES

UPCOMING SESSION

Handling Rejection in Academia

11 November 2025

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Your university is a member of the [Worldwide Universities Network \(WUN\)](#). WUN brings together 24 leading comprehensive research universities in a collaborative partnership to advance research and education on major global challenges. Capitalising on the geographic and cultural diversity of members across six continents, WUN enriches their shared experience, and brings together constellations of talent to address problems of real significance.

As part of its commitment to nurture research talent, WUN offers early career researchers (ECRs) from member universities webinar-based training sessions on transferrable skills related to their career development, and to provide a platform for ECRs to meet colleagues from around the network.

SESSION TOPIC

Handling Rejection in Academia

TOPIC SUMMARY

In academia, rejection is a routine part of the journey - from papers returned with critical reviews to funding applications that do not get the money. These setbacks can be disheartening, but learning to handle them effectively is essential for long term success and emotional resilience.

This session will help you to develop strategies to cope with rejection, reframe setbacks as learning opportunities, and maintain motivation despite challenges. You will gain practical insights into managing the emotional impact of rejection, hear about common challenges faced by researchers, and reflect on your own experiences in a supportive environment.

By the end of this session, you should be able to:

- * Identify common and less obvious sources of rejection in academic work, including cumulative pressures and hidden emotional triggers
- * Describe practical strategies for managing the emotional impact of rejection
- * Create a personal action plan to maintain motivation and resilience in the face of setbacks.

WHO CAN JOIN?



All early career researchers from WUN, ARUA or AUN member universities are welcome to attend. As part of our emerging collaborations with the African Research Universities Alliance (ARUA) and the ASEAN University Network (AUN), early career researchers from ARUA member universities are welcome to attend.

All participants **MUST** register using a valid WUN, ARUA, or AUN member university email address. Any registrations that do not use a WUN, ARUA, or AUN member university email address will not be confirmed.

SESSION LED BY

Dr Heledd Jarosz-Griffiths, University of Leeds, England

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