

**EARLY CAREER RESEARCHER WEBINAR SERIES**

# Handling Rejection in Academia



**FACILITATOR**

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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 the 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?

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

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.

**Register Here**

## ABOUT WUN

The [\*\*Worldwide Universities Network \(WUN\)\*\*](#) brings together 24 leading comprehensive research universities in a collaborative partnership to advance research and education on major global challenges. WUN offers early career researchers (ECRs) from member universities webinar-based training sessions on transferrable skills related to their career development.