

Second Follow Up Email After Interview

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Mastering the Second Follow Up Email After Interview: A Complete Guide

You aced the interview, sent a

thoughtful thank-you note, and now the silence is unsettling. Days have passed — maybe a week — and you still haven't heard back. It's natural to feel anxious, but this is precisely when a well-timed **second follow up email after interview** can keep you top of mind without crossing into

annoyance.

Many candidates send one follow-up and then give up. A strategic second attempt, however, can demonstrate persistence, professionalism, and genuine interest. This guide will walk you through the when, why, and how of crafting that crucial message, with actionable tips and templates you can adapt today.

Why You Need a Second Follow Up

Email

In today's competitive job market, hiring managers juggle dozens of candidates, internal meetings, and urgent deadlines. Your first thank-you note may have landed in their inbox, but it can easily get buried under other priorities. A **second follow up email after interview** serves several purposes:

- It gently reminds the recruiter of your candidacy.

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- It reaffirms balance. You want to be seen as interested, not impatient. Sending a second follow-up too soon can seem pushy; waiting too long may make you seem disinterested. Let's explore the optimal timing.
- It gives you an opportunity to address any lingering questions or add value (e.g., a relevant article or insight).
- It shows you are proactive and organized — traits every employer values.

When to Send the Second Follow Up Email After Interview

Timing can make or break your follow-up strategy. General etiquette

The key is to strike the right suggests waiting at least five to

seven business days after your first follow-up (usually a thank-you note sent within 24 hours of the interview). If the interviewer gave you a specific timeline — say, “We expect to make a decision by next Friday” — wait until after that date has passed. If you haven’t heard anything by day six or seven post-interview, a second follow-up is appropriate.

Consider these scenarios:

- **You were told they’d get back**

to you in a week. Send the second email on day eight or nine, acknowledging the delay politely.

- **No timeline was provided.** Send the second follow-up approximately seven business days after your first note.
- **You have an urgent deadline from another offer.**

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Mention **and Tone**

this
professiona
lly and
request an
update, but
keep it
courteous.

Your second email should be shorter than your first thank-you but more direct. Avoid repeating every detail from the interview.

Instead, build on the conversation. Here's a recommended structure:

Subject Line

Keep it clear and professional. Avoid gimmicks like "Checking In" or "Following Up." Instead, try:

- *Inquiry regarding [Job Title] position -*

Remember, the **second follow up email after interview** is not a demand for an answer; it's a gentle nudge that shows you are still engaged and respectful of their process.

Crafting the Perfect Second Follow Up Email: Structure

- | | |
|--|--|
| <p><i>[Your Name]</i></p> <ul style="list-style-type: none"> • <i>Following up on my interview for [Job Title]</i> • <i>Still very interested in [Job Title] - [Your Name]</i> | <p><i>[Job Title] position. I remain very excited about the opportunity to contribute to [Company Name] and wanted to reiterate my strong interest."</i></p> |
|--|--|

Opening Paragraph

Reference your interview and express continued enthusiasm. For example:

"I hope this note finds you well. I'm writing to follow up on my interview on [date] for the

Middle Paragraph(s) - Add Value

This is where a **second follow up email after interview** can stand out. Instead of simply asking for an update, offer something of value:

- Share a relevant article, industry

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~~trend, or~~ *report on [topic]*

case study
that relates
to a topic
discussed
during the
interview.

- Briefly mention a skill or experience you forgot to highlight earlier.
- Ask a thoughtful question about a project or team culture mentioned in the interview — this shows you were listening.

and thought of our conversation about [specific challenge]. I've attached a link in case it's useful for your team."

Closing Paragraph

Politely ask for an update if appropriate, then thank them again for their time. Close with a call to action:

"I understand you are likely busy, but I would appreciate any update on the hiring timeline. Thank you again for considering my application. I look forward to

Example: *"I was reading a recent*

hearing from you."

Sign off with a professional email signature including your phone number and LinkedIn profile.

Sample Templates for a Second Follow Up Email After Interview

Below are three variations you can adapt. Replace bracketed text with your details.

Template 1: Standard

Nudge

Subject:

Following up on my interview for [Job Title] - [Your Name]

Dear [Interviewer Name],

I hope you're having a good week. I'm writing to follow up on my interview on [date] for the [Job Title] role. I remain very enthusiastic about the position and believe my skills in [skill] align well with your team's needs.

I understand

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~~your hiring~~ Dear

process may take [Interviewer
time, but I Name],

wanted to check I hope you're
in to see if there doing well. After
are any updates our interview on
or if you need [date], I kept
any additional thinking about
information from your team's
me. Please let initiative to
me know. [specific project].

Thank you for I recently came
the opportunity across this
to interview. I article on [topic]
look forward to that offers some
hearing from interesting
you. insights — I
thought you and

Best regards, your colleagues
[Your Name] might find it
useful. [Link or
attachment]

Template 2:

Adding Value

Subject: [Job
Title] - Follow up
with a resource -
[Your Name] Aside from
sharing that, I
want to reiterate
my strong
interest in the
[Job Title] role. It

was exciting to learn more about [Company Name]'s direction, and I'm confident I can contribute from day one.

If there's any update on the next steps, I'd be grateful to hear. Thank you again for your time and consideration.

Sincerely,
[Your Name]

**Template 3:
Referencing a
Specific
Conversation
Point**

Subject: Quick follow up - [Your Name] - [Job Title]

Dear
[Interviewer Name],

I hope this email finds you well. I wanted to follow up on our conversation about [specific topic discussed in interview, e.g., improving customer retention]. I've been thinking more about the approach you mentioned, and I believe my experience with [specific tool or strategy] could be particularly valuable.

I remain very interested in the opportunity and am eager to

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~~discuss how I intended~~

can help your follow-up can
team achieve its backfire if you
goals. Please let make one of
me know if these errors:

there's anything
else you need
from me in the
meantime.

Thank you for
your time and for
sharing your
insights. I look
forward to your
update.

Best,
[Your Name]

Common Mistakes to Avoid in Your Second Follow Up Email After Interview

Even a well-

1. **Sending it too soon.**

A second email within 48 hours of your first thank-you can seem desperate. Give it at least five business days.

2. **Being overly demanding.**

Phrases like "I haven't heard back yet" or "Please respond

- ASAP”
come
across as
entitled.
Always
maintain a
respectful
tone.
3. **Repeating
your
entire
resume.**
Your
second
follow-up
should be
concise.
Don’t
restate
everything
you said in
the
interview
or your first
email.
4. **Using a
casual
subject
line.** Avoid
“Hey,”
- “Checking
in,” or
emojis.
Keep it
professiona
l.
5. **Addressin
g the
wrong
person.**
Double-
check the
recipient’s
name and
title. A typo
can ruin
your
impression.
6. **Mentionin
g other
offers
aggressively.** While
it’s okay to
hint at
another
timeline,
don’t make
it sound
like an

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~~ultimatum~~ **and LinkedIn**

unless you
are truly
willing to
withdraw.

7. **Sending multiple follow-ups after the second one.**

Generally,
two follow-
ups (the
initial
thank-you
and this
second
email) are
sufficient. A
third can be
perceived
as nagging.

Messages

While email is
the standard
channel for a
**second follow
up email after
interview**,
sometimes a
phone call or
LinkedIn
message can be
effective — but
use them with
caution.

Phone call: If
you have the
recruiter's direct
number and they
seemed open to
calls, you can
leave a brief
voicemail saying
you're following
up on your
interview. Keep
it under 30
seconds. Do not

Alternative Approaches: Phone Calls

call multiple times.

LinkedIn

InMail: Sending a short, polite message on LinkedIn can work if the recruiter is active there and you have a prior connection. Mention that you sent an email as well, but don't rely on this alone. Keep it professional.

Whichever channel you choose, maintain the same tone: polite, enthusiastic, and respectful of their time.

What to Do If You Still Don't Get a Response After the Second Follow Up

Silence can be frustrating, but it's not uncommon. If you've sent a thoughtful **second follow up email after interview** and still hear nothing after another week, it may be time to move on. Here are your options:

- **Send a brief final note** asking if they require

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anything	way to
else and	handle
expressing	rejection is
that you are	to keep
still	applying.
interested.	Sometimes
If you still	the right
get no	role comes
reply,	from an
assume the	unexpected
position is	place.
closed or	
filled.	

- **Connect on LinkedIn** with the interviewer or recruiter for future opportunities — but avoid asking about the job again.

- **Continue your job search.** The best

Remember: no response does not necessarily mean you performed poorly. Hiring freezes, internal changes, or even an overwhelmed recruiter can cause delays. Your professionalism in handling the silence will be remembered positively in the long run.

Final Thoughts: Why the Second Follow Up Matters

The **second follow up email after interview** is more than a simple reminder — it's your chance to reinforce your candidacy, demonstrate emotional intelligence, and show that you are genuinely

invested in the opportunity. Many candidates stop after one email. By sending a well-crafted second note, you separate yourself from the average applicant and leave a lasting impression of persistence and professionalism.

Keep your message concise, add value, and respect the hiring manager's timeline. With the right timing