

Dress for Success

Now That I Have an Interview, What do I Wear?

- First impressions are lasting impressions. Your goal to project a professional image. Remember you are **selling a product. Yourself!**
- Your main task is to choose clothing and accessories that will not take the interviewer's attention from you and your qualifications. Stick to the accepted "corporate" standard interview to be safe.
- Make sure the interview clothes you have chosen enable you to feel comfortable, confident and secure!

General Guidelines

- Dress for the job you want, not the job you have.
- No gum, candy, or cigarettes. Never smoke before an interview, the odor will linger on clothes, hands and breathe.
- Good hygiene is essential - shower, wash and comb your hair, use deodorant, brush your teeth and shave.
- Avoid overpowering aftershave, cologne or perfume.
- Nails should be neat and clean.
- Belt should always match the color of your shoes.
- Clothing, shoes and accessories should be neat, clean and ironed. Clothes should be new or in very good condition.
- Arrive early, check in a mirror for your appearance.
- Clothing for internship interviews can be a bit more relaxed. Wear dress pants with a sport coat or dress jacket. Wear solid, high-quality cotton shirts. Preferably white or off white.

Professional Attire for Men

- Conservative, well-fitted, two piece business suit (navy, gray, black, green, pinstriped or solid, avoid solid black if possible).
- Suit sleeve length should fall between the wrist and top knuckle on your thumb.
- Long-sleeved, ironed, white, off- white or pale blue. Long sleeves give the impression of authority and professionalism (no stripes or short sleeves.)
- Wear a white undershirt underneath your dress shirt. Wear underwear.
- Matching tie that extends just below the belt line. Find a tie that has a pattern accenting the company color and coordinates with the color of your suit. The tie is the place to reflect your attitude and personality.
- Check out consignment/Goodwill stores in the area.

Accessories, Hair, Nails for Men

- Mid-calf dark socks with polished lace-up dress shoes in black or cordovan. When you are seated the sock should be above pants hem line.
- Carry an attractive portfolio to the interview.
- Keep hair neat and clean. Short hair is expected. If your hair is long it should be combed back and placed in a pony tail.
- No facial hair is most conservative. If you have facial hair, be sure it is neatly trimmed and clean.
- Remove visible body piercings, including earrings, and cover tattoos when possible.
- No casual clothing (jeans, t-shirt, sport tube socks).

Professional Attire for Women

- Conservative, well-fitted suit (navy, gray, black-dark colors are best). Stylish, professional pantsuits are acceptable. When in doubt, wear a shirt suit (the hem should be not shorter than 2" above the knee, wear appropriate undergarments.)
- Ironed blouse, in white, ivory, pale blue, gray, or light pink. Should not be too tight, sheer or revealing. Remember, no plunging scoop necklines.
- Don't wear anything considered sexy! Remember you are at the interview to sell you intellect, skills and knowledge, not you sex appeal. You want to be taken seriously for the position.
- Hair should be trimmed, neatly arranged and clean.
- Avoid or use sparingly colognes or perfumes.

Accessories, Hair, Make-up, Nails

- Neutral, non-patterned pantyhose in skin tone. Bring an extra pair.
- Polished, closed toe, low-heeled (2.5" or less) pumps or flats.
- Carry either a purse or a briefcase, not both.
- No dangling earrings, no more than two earrings per ear and not more than one ring per hand. Remove visible piercing and cover tattoos.
- No deep necklines, no frilly dress, no casual clothing (jeans, t-shirt).
- Keep hair neat and clean, with out obvious dark roots. If hair is long, pull it back or keep away from forehead and eyes.
- Make-up should be minimal and look natural.
- Nails should be neat and clean. Use natural, or a complementing color, if desired.

Business Casual Guidelines

If involved in other interviewing activity-relaxed dress may be acceptable. Business casual is defined by a geographic region, industry, and individual employers. The best way to determine an employer standard is to conduct research or ask a company's representative. As always, when in doubt, dress conservatively, informal interview attire.

Men

- Not expected to wear ties
- Business or sports jacket is appropriate
- Stylish, solid or striped dark shirt
- Dark socks

- Matching belt and shoes

accessories

Women

Business skirt or pants
Conservative blouse or sweater
Dress jacket is appropriate
Neutral hosiery
Flat or low heels
Neutral hosiery
Understated belt, scarf, and

Last but not least, do a pre-interview dress rehearsal. Think about the message you want to send and make sure it is conveyed in your professional attire.

For tips on interviewing (will hyperlink to the interview links with in the web site)