



Dressing for an Interview

While business casual is still in, dressing up for a job interview has really never gone out of style. Appropriate attire supports your image and you should understand the nature of the dress code in the industry in which you are trying to become employed. Research shows that within 4-9 minutes of an interview the recruiter decides whether or not to seriously consider you for the position partly based on your appearance, which is an important factor in the decision-making process. Below are tips to help you make a great first impression.

Dress recommendations for traditional business setting Women

Well-fitted two-piece suit, blouse, pantsuit or skirt with hosiery and basic dark flats or low pumps. Choose a dark or neutral shade like black, navy, brown or gray for your suit, Wear plain style, non-patterned hosiery, minimal looking makeup and clean nails not chipped, nail length should not be excessively long. Minimize jewelry – avoid dangling earrings and wear no more than one ring per hand and a watch. Jewelry, scarves and other accessories will add a polished touch to any outfit; Perfume should be minimal or not worn at all.

MEN

Suit, Sports-coat, dress slacks, white or blue dress shirt with a tie. If you do not have these clothes, khaki or dark Dockers or clean jeans with no tears. Shoes should be clean and polished and if they are tennis shoes they need to be clean as well as laces that are tied. Avoid neck chains and wear only one ring and if you have a beard or mustache it should be clean and neatly trimmed. Cologne should be minimal or not worn at all.

Don'ts of Interviewing Dressing

No visible body piercings beyond conservative ear piercing
No stale breath...Well-brushed teeth and breath
No gum, candy, or other objects in your mouth
No flashy or excessive jewelry
No body odor – use deodorant
No skirts above the knee
No revealing or seductive clothing
No unpolished shoes
Dress appropriately for weather.