

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 the first 4-9 minutes of an interview the recruiter decides whether or not to seriously consider you for the position. Your appearance is an important factor in the decision-making process. Below are tips to help you make a great first impression.

Women

Wear a 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 jewelry, and minimal-looking makeup.

Men

Wear a suit, sports-coat, dress slacks, and 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 will do. Shoes should be clean and polished.

Don'ts of Interviewing Dressing

- No visible body piercings beyond conservative ear piercing
- No gum, candy, or other objects in your mouth
- No flashy or excessive jewelry
- No body odor – use deodorant
- No revealing clothing

Community Resources for Interview and Work Clothing

Several organizations around the Twin Cities offer assistance with finding and affording appropriate clothing for interviews and the workplace. Many of them require a referral from

a social services organization, so talk to your career counselor or counselor at a different organization about connecting you with assistance. Here are some such organizations:

- From Me to You: <http://frommetoyou97.org/>
- Harriet's Closet (through Tubman): <https://tubman.org/get-help/workshops-support-groups/harriets-closet.html>
- Small Sums (for homeless populations only): <http://smallsums.org/apply-for-assistance/>
- Hope Church (referral needed): <http://hope-pc.org/wp-content/uploads/2017/04/Vine-and-Branches-Referrals.pdf>
- Dress for Success (referral needed, women only): <https://twincities.dressforsuccess.org/>
- Ready for Success (referral needed): <https://readyforsuccessmn.org/>