

DRESSING FOR THE INTERVIEW

What you wear to an interview can be as important as what you say.

Clothes may not make the man or woman, but they do say a lot about who you are and how well you will fit into the position.

Tips for all interviewees

- ◆ Always wear clean and neat clothing; make sure it is pressed. Nothing will turn an interviewer off more than an outfit that looks like it has been sitting in your laundry hamper since your last job interview.
- ◆ Wear deodorant or antiperspirant.
- ◆ Use little or no perfume or cologne. You want to smell good, but not overpowering. Also, more and more people find they are allergic to perfumes and colognes. You don't want to make the interviewer break out in a rash!
- ◆ Have fresh breath and clean teeth.
- ◆ Have clean, recently cut, and neatly brushed hair.
- ◆ If possible, before your interview, find out how people dress at the place of employment. Dress as well or a little better ("one up"). But be careful, as overdressing may also turn the interviewer off.

Tips for Men

- ◆ For business, public contact and customer service positions, wear a suit jacket, dress pants, shirt and tie, socks and polished shoes. Avoid loud colors.
- ◆ For positions with less public contact, wear a sports jacket or a sweater, a shirt with a collar, dress pants (skip the jeans or sweat pants), and polished shoes.
- ◆ Facial hair should be clean-shaven or neatly trimmed.

Tips for Women

- ◆ Go easy on makeup and fingernail polish -- avoid unusual colors, too heavy an application and extremely long nails.
- ◆ Simple clothes and quiet colors are most suitable.
- ◆ Very tight clothes, see-through tops and short skirts should be avoided.
- ◆ Nylons and low-heeled shoes are best for professional, office, sales, public contact and customer service jobs.
- ◆ Clothing and accessories do not have to be expensive to make a good impression, but they should always be in good taste and clean. They should also be toned down rather than wild or extravagant. You want the interviewer's attention to be focused on you, not on your clothes.