# DRESSING FOR SUCCESS

FIRST IMPRESSIONS ARE CRITICAL AND HOW YOU DRESS SAYS A LOT! DRESSING PROFESSIONALLY CAN HELP YOU MAKE THAT GREAT FIRST IMPRESSION AND WHAT YOU WEAR CAN TELL EMPLOYERS HOW SERIOUSLY YOU TAKE THE JOB SEARCH PROCESS AND YOUR CAREER.

## **PROFESSIONAL BUSINESS ATTIRE**

- Solid-colored, suit with coordinated blouse or long-sleeved-button-down shirt, conservative tie, closed-toed professional shoes with dark socks, and limited jewelry
- Heels should be walkable, and shoes should be shined
- Professional hairstyle and nails, light make-up, little or no perfume/cologne, and neat facial hair
- Padfolio with resumes

#### **CASUAL BUSINESS ATTIRE**

- Khaki or dark cotton pants or skirts, neatly pressed
- Conservative blouses, blazers, sweaters, cardigans, button-down shirts or knit shirts with a collar, tucked-in
- Solid colors work better than bright patterns
- · Dress shoes, (flats or heels) dress sandals can be acceptable but no flip-flops, crocs, etc.!
- Leather shoes and belts, tie optional
- NO JEANS

### **GROOMING TIPS**

- Hair Hairstyles should be neat and appropriate, nothing extreme or overdone.
- Facial hair should be neatly trimmed.
- Hands/Nails Clean hands and well-groomed nails are an important part of your professional image. Nail polish shades should be soft, and polish should never be chipped.
- Body Make sure to be freshly showered/bathed.
- Breath Brush your teeth before the interview. If you use mints or chew gum, make sure they are out of your mouth before the interview.
- Fit Clothes should be properly tailored to fit your body type correctly and pressed.

# **ADDITIONAL TIPS**

- Shoes Closed-toed shoes are the most appropriate to wear for an interview and when meeting with clients. Shoes should be clean and shined. Shoes and belt should match.
- Skirts Skirts should be knee length, not too tight, and cover your thighs when you are seated. Slits should be conservative.
- Socks Wear socks and make sure they are in good shape and dark in color. Interviews are not the time to express personality through sock choice. Avoid ankle socks or sports tube socks.
- Shirt White or light colors are the most appropriate choices.
- Blouse Tops should be of moderate cut and professional style.
- Fabrics Avoid lace, ruffles, and shiny fabrics
- Tie Your tie should contrast appropriately with your shirt. Top button should be buttoned under the tie and there should be little to no gap between collar and tie.
- Jewelry Wear minimal jewelry. Avoid noisy bracelets that can distract attention.

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