

## **Dress for a Successful Interview...**

### **First Impressions**

- First impressions matter
- Some research suggests that interviewers make up to 90 percent of their hiring decision within the first ten minutes of the interview. Much of the interviewer's first impression is affected by how you look and dress

### **How Should I Dress?**

- Wear clothing appropriate for the type of position for which you are applying
- If unsure, it's generally best to be conservative
- Some suggest dressing one tier above what is expected

### **Suggestions for Everyone**

- Clean and polished conservative dress shoes
- Well-groomed hairstyle
- No visible body piercing other than conservative ear piercing for women
- Well-brushed teeth and fresh breath
- Wear minimal amount of jewelry
- No gum, candy, or other objects in mouth

### **Suggestions for Men**

- Navy, dark gray, or black suit
- Solid white shirt and conservative tie
- No earrings, flashy cufflinks, rings, neck chains
- Over the calf dark socks
- Shined shoes (tassel loafers, wing tips)
- Clean fingernails
- No strong or fragrant cologne

### **Suggestions for Women**

- Navy, dark gray, black suit (no extreme slits)
- White or light colored long sleeve blouse (not sheer or low-cut)
- Minimal amount of makeup
- Simple, basic jewelry
- Neutral color hosiery
- Polished, closed toe shoes with medium or low heels
- Clutch or small shoulder bag
- Fingernails subtle if polished, clean, not chipped
- Light perfume (if any)

### **Final Comments**

- Focus on new clothes, high quality materials, and current (but not trendy) styles
- Goal is to leave impression of a modern, sophisticated, professionally-poised employee
- Remember, first impressions weigh heavily on the final impression

