PROFESSIONAL DRESS FOR INTERVIEWS

Professional appearance counts when you are trying to make a good impression during interviews! It is always better to be over-dressed than under-dressed. A professional, classic-cut matching suit that complements your body type is recommended for men and women.

- Dress conservatively in dark colors such as navy blue and dark gray.
- Choose natural suit fabrics that don't wrinkle – preferably wool gabardine.
- Wear minimal jewelry - be conservative. Watches should be plain and simple.
- Prepare in advance – avoid last minute shopping in case you need time for alterations.
- Try on your suit before the interview to be sure it fits and makes you look professional.
- Avoid sandals, spiked heels, scruffy shoes, tank tops, bare legs, white socks...
- Be clean, use deodorant but not cologne or perfume. Avoid garlic. Carry breath mints.
- Bring resumes, transcripts, lists of references, applications and any other documents related to this job in a dark leather portfolio with paper for notes and a nice pen.

WOMEN

- Wear a navy blue or dark gray matching suit that complements your body type.
- Pantsuits are accepted for most all professions but skirted suits are considered more formal.
- Skirts should be about knee length (not too short – no thigh showing when you’re sitting).
- Wear long sleeved, ironed blouse in white or blue.
- Sleeveless and low necklines are not professional - no armpits or cleavage please!
- Wear low heeled, closed-toe and closed-heel pumps and hose with skirted suits.
- Wear flat or low-heeled, closed-toe shoes with a pantsuit.
- Wear hose neutral in color or matching the color of your suit, free of runs or snags.
- Only use light make-up. Make sure fingernails are clean - avoid bright polish.
- Have well groomed hair pulled back from your face so you won’t touch it when you talk.

MEN

- Wear dark suits in navy blue or dark gray solid color or thin pinstripes.
- Single-breasted jackets more common than double-breasted.
- Long-sleeved, ironed white or blue cotton shirts, with cuff extending ¼” below the jacket sleeve.
- Wear a plain white t-shirt under your dress shirt - especially if you tend to sweat.
- Conservative silk ties should complement suit and be as wide as your lapels (2¾” to 3½”).
- Bottom tip of your tie should land in the middle of your belt when you are standing.
- Black shined shoes with belt of the same color.
- Dark socks long enough that your leg skin does not show when sitting with legs crossed.
- Well-groomed hair that is away from your face. Make sure your fingernails are clean.
- Be clean shaven, or make sure your beard and/or mustache are neatly trimmed.