

# DRESSING AND GROOMING FOR THE INTERVIEW

Dressing for a job interview is a test all its own. Expectations vary depending on industry, position and personal preference. A good rule of thumb is to dress one or two levels higher than one would dress for the actual position. Some things to consider:

- ◆ Prep your interview outfit a day or two prior to the interview. Try it on! It may not fit or look the way you had imagined.
- ◆ Clean, iron, and hang up your interview outfit.
- ◆ If you have pets, run a lint roller over your clothes to remove the pet hair. Take the roller with you if you have pet hair on your car seats.
- ◆ Caution on the side of conservative, minimize distractions caused by flashy jewelry, body art, exotic hairstyles, etc.
- ◆ Women should avoid wearing revealing clothes (both transparent and over exposing) and should wear appropriate undergarments and/or pantyhose underneath clothing. Bra and panties should not be visible.
- ◆ Dress comfortably, meaning wear shoes that you can walk in and clothes you can breathe in. You may be faced with stairs or freshly waxed floors. You don't want to slip causing unsolicited stress and attention. If you are a nervous sweater, wear light fabrics in a color that minimizes attention to problem areas.
- ◆ Avoid loud, busy prints and colors.
- ◆ Don't wear overpowering lotion, aftershave or perfume. The interviewer may have a sensitivity to scents.
- ◆ Be well groomed. Have clean, presentable, recently trimmed hair. Men, make sure your facial hair is to a minimum, and well groomed as well.
- ◆ Do not over do the makeup. Wear natural colors. Avoid thick eye shadow, eyeliner and bright colored lipstick.