

How to Dress for Your Interview

For Women

- **Dressing in a conservative business suit is the best way to present a professional image.** As has been stated, the suit should fit well and make you feel good about yourself. Ask clothing salespersons for assistance in determining what is currently acceptable for skirt length; generally, length should not be too long or too short.

- Studies in social psychology have shown that women have an advantage over men when it comes to selecting colors for professional dress. **Although the grays and blues are standard, women tend to be able to get away with wearing more of a variety of colors.** Oftentimes, bright colors including reds, maroon, various shades of blue and even green are acceptable. Women are also usually able to wear various fabrics without appearing unprofessional.

- **Your blouse should complement the suit in a conservative fashion.** It should not be too revealing, high around the neck, nor have too many ruffles or frills. White or off-white colors such as cream usually match well with many suit colors. See-through blouses are discouraged for the professional interview.



- **Stockings are a must and should be flesh-toned or a color very close to it.** Avoid color or patterns that would be distracting.
- **Shoes should be sensibly selected in a way that is not intended to make a statement.** High heels and open toes are choices better left for activities other than the professional interview.

- **Hair should be of a conservative style and not look like you have spent hours caring for it.** The currently popular disheveled hairstyles may not be the best way to make points with a professional interviewer. Men who wear beards and mustaches should take extra time to make sure facial hair is neatly trimmed and not too long. Women can usually wear their hair in more styles as long as it is not too wild and brash.
- **Fingernails should be trimmed and hands clean.** Women should not go overboard with bright, flashy nail polish colors, and lipstick and eye makeup should be used moderately.
- **Jewelry should be kept to a minimum and conservative in appearance.** Gold medallions and sparkling chains are better left for downtown clubs, wedding receptions, and masquerade parties. Women should not wear giant hoop earrings or ones that are extremely flashy. Likewise, don't wear too many rings...one or two are plenty.
- **Cologne and perfume are fine for both men and women as long as it is not overbearing.** You don't want to knock someone over by using a half bottle of aftershave or perfume.
- **Visit the following websites for pictures and examples of appropriate interview outfits:**

<http://amdt.wsu.edu/research/dti/Women.html>

<http://www.symsdress.com/womensfirst.htm>

<http://www.career.vt.edu/JOBSEARC/interview/APPEARNC.html>