

**Ready...Set...Go!**

coaching you toward your best future

# Dress for Success



George Fox University  
*Career Services*

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*Career Services: Vocation & Calling Fitness*

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# First Impressions

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- ❑ Whether you like it or not, your appearance plays a role in securing and maintaining employment.
- ❑ Be remembered for what you bring to the position, not what you wore to the interview.
- ❑ The following presentation provides some general tips for dressing for success.

Feel free to direct specific questions to Career Services: [careers@georgefox.edu](mailto:careers@georgefox.edu). We are available to guide you through the process of developing your professional wardrobe.

# Question 1

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When going to an interview, men should wear\_\_\_\_\_?

- a) denim, flannel, and bolo ties
- b) athletic wear, t-shirts and sandals
- c) slacks, collared shirt and tie

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## Question 2

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When going to an interview, women should wear \_\_\_\_\_?

- a) seductively low cut blouse and stretch pants
- b) skirt and sweater
- c) trendy halter top and favorite jeans

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## Question 3

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Which of the following are NOT ok in an interview.  
(Check all that apply.)

- a) eyebrow and/or tongue piercing
- b) chewing gum
- c) light cologne, or perfume
- d) forgetting deodorant
- e) visible foundation garments

## Question 3

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Which of the following are NOT ok in an interview.  
(Check all that apply.)

- a) eyebrow and/or tongue piercing
- b) chewing gum
- c) light cologne, or perfume – is OK
- d) forgetting deodorant
- e) visible foundation garments

## Question 4

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Making a decision about someone based on appearance generally takes \_\_\_\_\_?

- a) 3 minutes
- b) 6 seconds
- c) 1.5 minutes

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Making a decision about someone based on appearance generally takes \_\_\_\_\_?

- a) 3 minutes
- b) *6 seconds-it only takes 6 seconds to form an impression!*
- c) 1.5 minutes

# Men's Fashion



# Professional Fashion

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- ❑ Wear suits made of 100% worsted wool.
  - Wool is more durable and wrinkle resistant.
- ❑ Cotton is also acceptable, but it is much harder to maintain.
- ❑ Buy suits for fit not size!



# Color Coordination

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- Colors may vary depending on type of interview.
  - Example: Marketing and advertising can have more versatile flare and styles compared to a law or accounting firm.
- Choose long-sleeved shirts that do not have a different color collar from the shirt.
- Starch shirts to keep quality at their best.

# Tips on Looking Good

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- Visit the workplace prior to your first day. What are they wearing?
- Always keep shoes clean and polished.
  - Shoe trees can help maintain the “new” look.
- Invest in a minimum of two professional sets of attire, which is enough to get you started.
- Keep hair, facial hair, and nails neatly trimmed.
- Wear socks that cover your calves, no one wants to see hairy legs.
- Match your socks to your pants.
- Button your blazer when standing.
- When wearing ties, go conservative.
  - Small prints or conservative stripes that match the suit are the best bet.
  - 100% silk ties work best.

# Men's Business Casual

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- Basic Rule: Business casual does NOT mean casual!
  - No t-shirts or ripped jeans!
- Tops:
  - Long sleeved cotton shirts, or cotton polo/golf shirts, turtlenecks, sweaters, vests with sleeved shirts, button-down collars; Sport coats or blazers
- Bottom:
  - Dockers/khakis/chinos in acceptable colors (khaki, stone, dark blue).



[JC Penney Men's Style Guide](#)

# Women's Fashions



# Professional Fashion

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- ❑ Suit material may range from wool, wool blends, linen and synthetic blends that mimic wool.
- ❑ Buy for the fit not the size!
- ❑ Have a 2½ inch maximum for heels on shoes.
  - You want to be comfortable if you have to tour the facility or give a presentation.



# Color Coordination

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- ❑ Conservative suits in dark neutral tones such as black, navy, dark brown and dark gray are the most appropriate.
- ❑ Choose skirts that stop at or slightly above the knee.
- ❑ Select blouses that are white/ivory or a dark color that matches the suit. Avoid low necklines.
  - You want to be remembered for your qualifications not what you were wearing.

# Tips on Looking Good

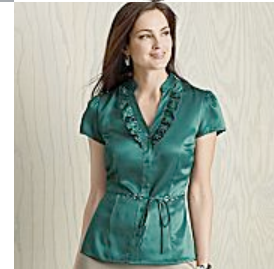
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- Keep the make-up light and natural.
- Invest in shoes that are black, navy blue, or dark brown to match the suit.
  - Avoid trendy shoes or open-toed shoes.
  - Stay away from flats and 4-inch stilettos.
- Choose nylons that are close to skin color.
- Nails should be clean and trimmed.
  - If polished, use a subtle color that is not chipped.
- Pull longer hair away from face.
  - The interviewers need to see your face, and if you're constantly messing with your hair, they will be distracted.
- Keep all tattoos covered if applicable.
- Select simple jewelry to compliment your outfit and style.
  - Minimize rings, which tend to make handshakes awkward.

# Women's Business Casual

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- Basic Rule: Business casual does NOT mean casual!
- Tops:
  - Blouses with short or long sleeves
  - Cardigan sets
- Bottoms:
  - Long skirts or chinos
  - Dresses
- Try adding a scarf or other feminizing touches to accent the outfit.



# Interview Ideas

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- Be dressed appropriately for the interview situation
- Arrive early so that you can use the restroom to freshen up
- Coordinate colors; Remember to match leather to leather and metal to metal
  - Match belt to shoes
  - Match belt buckle to watch
- Wash hands after putting on cologne or perfume so you do not leave scent on things you touch
- Wear jewelry sparingly
  - Rule of Twelve
- Things to have handy
  - Lint brush
  - Extra shoelaces
  - Fingernail clippers/file
  - Comb or brush
  - Breath mints

# The Final Touch: Wear Your Smile Everywhere!



# Picture Credits

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- [www.nordstrom.com](http://www.nordstrom.com)
- [www.jcpenney.com](http://www.jcpenney.com)
- [www.macys.com](http://www.macys.com)

# Contact Information

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