

## MOCK INTERVIEW DRESS FOR SUCCESS TIPS

The first impression you make on a potential employer is the most important one. The first judgment a recruiter makes is going to be based on how you look and what you are wearing. The candidate dressed in a suit and tie or a suit and stockings is going to make a much better impression than the candidate dressed in jeans and a t-shirt. That's why it's always important to dress professionally for an interview. You'll want that first impression to be not just a good one. But, a GREAT one.

### MEN'S INTERVIEW ATTIRE

#### SUIT

- Suit (solid color-navy, black, or dark grey)
- Jacket sleeves should end at your wrists
- Pants should be the appropriate length (not too long or too short)

#### SHIRT & TIE

- White, long-sleeved, button-down dress shirt
- Shirt sleeves should touch your wrists
- Do not roll up your sleeves
- Make sure it fits comfortably around your neck
- Be sure to wear an undershirt to control perspiration

#### SHOES, SOCKS & ACCESSORIES

- Belt to match color of shoes
- Silk tie that matches the suit color
- Do not wear ties with pictures of animal characters
- Dark, plain socks
- Socks should cover calves
- Conservative, polished dress leather shoes
- No sneakers, flip flops or boots
- No visible body piercing.
- Remove all jewelry, including earrings
- Portfolio or briefcase

#### HAIR, PIERCINGS & TATTOOS

- Neatly trimmed beard or mustache
- Professional, well-groomed hairstyle
- Pull back long hair and long dreads
- Limit the aftershave or cologne
- Neatly trimmed nails
- Cover tattoos
- Well brushed teeth and fresh breath
- No gum or candy

### WOMEN'S INTERVIEW ATTIRE

#### SUIT

- Suit (navy, black, or dark grey) OR
- Blazer with a blouse and skirt. Always wear a jacket
- The suit skirt length should be below the knee
- No night club attire
- No dress unless accented with a jacket
- Avoid "loud" patterns
- Pockets, darts, pleats, etc must lay flat

#### BLOUSE

- Coordinated cotton or silk blouse
- White or light colored
- No sleeveless or sheer blouses

#### SHOES, STOCKINGS & ACCESSORIES

- Conservative, neutral colored pantyhose
- Low-heeled, comfortable dress shoes
- No sneakers, flip flops or open-toed sandals
- Limited jewelry
- No dangling earrings or arms full of bracelets
- No visible body piercing beyond ear piercings
- Portfolio or briefcase rather than a purse

#### HAIR, PIERCINGS & TATTOOS

- Professional, well-groomed hairstyle
- Pull back very long hair and long dreads
- Light make-up and perfume
- Neatly manicured and clean nails
- Use neutral nail polish
- Cover tattoos
- Well brushed teeth and fresh breath
- No gum or candy