

# Dressing for the Interview

## What Should I Wear?

Wear a suit. When you wear a suit you communicate that you are serious about the position and that you respect the process, the position, the company, and the interviewer. If the company or position is casual, you may be tempted to dress down. However, for the interview, you should dress up. Once you have been offered the position, you can adjust your attire to the company culture. If you feel strongly that wearing a suit would be inappropriate, call the company in advance to inquire what is considered proper interview attire.

## Males

- Dark suits (black or navy) in natural fabrics (wool or cotton) are safe bets
- Polished dress shoes (solid heels, complete soles, and no scuffs)
- Dark suit, dark socks. Light suit, light socks. (Not white)
- Ties should be conservative, limited to small patterns or solid colors
- Pockets should be free from bulging wallets, tobacco products, or jingling coins
- Remove earrings and other piercings; cover up visible tattoos
- Facial hair and nails should be clean and cut short.

## Females

- Pant suit or dress suit in conservative colors--black, navy, grey
- Skirt lengths that are not revealing (no higher than 2 inches above knee)
- Makeup should be minimal and hair neatly styled and away from your face
- Avoid flashy, excessive jewelry, remove body piercings, and cover visible tattoos
- Wear polished pumps or dress flats
- Non-textured, neutral hose or socks that complement your attire
- Clear or conservative nail polish on an appropriate nail length
- Small purse

## Tips and Reminders

Don't forget the little details. If you are expecting to receive calls for interviews, make sure that your outgoing phone message conveys a professional image. Record the message in your own voice and use your first and last name. Speak slowly and clearly. The message should be free of background noises, and should not include jokes or music.

- Call the day before to confirm the interview time.
- Take a trial drive beforehand to make sure that you know the way and travel time; your GPS is not fail proof.
- Bring a list of questions, extra copies of your resume, and pen/paper to make notes.
- Take a last glance in the mirror. Check that your tie is spot free and your teeth are free of lipstick or food.
- Turn off your phone.
- No gum.

Me too—with interview tips I found in the ECU *Career Resource Guide*.

My H.I.R.E.D. interview session at the Career Center really paid off. I aced my phone interview and have a face to face interview tomorrow.

I worked with my Career Counselor to practice. It really boosted my confidence and helped me feel prepared. P.S. I start my new job next week!

I feel great! I just rocked my interview.

