**Dress the Part**

Your attire, like your demeanor won’t get you the job by itself, but it sets the stage for the deeper conversation. If you dress poorly, they will infer negatives – that you are naïve, or that you don’t understand the job or company culture. Dressing well can even overcome prejudices. For example, an older candidate can dress in a stylish, contemporary outfit, which gives the impression that she’s energetic, and up-to-date. Likewise, an entry level candidate in a smart, professional suit sends the message that she knows how to act in a business setting.

The simplest rule to follow: Dress in standard business attire.

**For Men:**

* A suit and tie (if applicable); A well-fitted, well-styled suit makes you look successful.
* You could also wear dress pants, a solid coloured sweater with a collared shirt underneath.
* Wear dress shoes – polished and in good condition. No athletic foot-wear, runners, skate shoes, etc.
* The colour of your socks should complement your pants and shoes.
* A solid coloured shirt. When in doubt, wear white. A tee-shirt underneath helps prevent noticeable perspiration.
* If wearing a tie, make sure it is of conservative colour/pattern.
* Easy on accessories - flashy watches, attention-grabbing eye glass, or other jewelry.

**For Women:**

* A suit with a skirt or dress pants is the standard interview outfit.
* Shirt should be conservative style, colour, and fabric.
* Covered shoulders, a tailored jacket or cardigan may be worn.
* Skirt length just above the knee (nothing shorter).
* Do not wear anything too tight, revealing or sloppy.
* Polish those dress shoes, no overly high heels, no open toes.
* Wear minimal jewelry, avoid jangly bracelets, wear small earrings.
* Natural looking makeup.

Other

* Be conservative with accessories like a purse or briefcase.
* In most business settings, a backpack looks silly with a suit, so carry your résumés in a portfolio.
* Make sure you shower or bath beforehand – absolutely no body odour!
* Good oral hygiene: brush and floss, clean tongue, fresh breath.
* Clean hair in a conservative style. Keep hair off of face and eyes visible. Males keeps your facial hair trimmed and neat.
* Clean, well-maintained fingernails. Males – short; Females – short to medium, clear or pale polish, never chipped.
* Fragrance – be very careful with fragrance, many companies have a no scent policy. Your interviewer may be allergic to perfume/cologne.