

DRESSING FOR THE JOB INTERVIEW

Tufts Career Services
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Before you open your mouth, your appearance speaks for you!

Appearance is of utmost importance in an interview. Your interviewer will develop a visual impression of you within the first 10 seconds of the interaction. Be aware of your physical appearance. Dress conservatively, and be neat, clean, and tidy. Remember, image is as important as content and that your nonverbal gestures as well as body language add to an interviewer's impression of you.



MEN

- Wear a suit or sport jacket with color coordinated trousers.
- The color should be neutral or dark—blue, black, gray is best. Stripes, herringbones and small plaids are fine, but avoid bold prints.
- A light-colored shirt such as white, ivory, or shades of pale blue, yellow or pink is more conservative than a dark color. Cotton or cotton blends look more tailored than silky fabrics.
- Wear a tie—one accessory that can be creative.
- Shoes should be leather—clean and polished. Wear with coordinating colored socks.
- Keep jewelry to a minimum. A watch and possibly a ring are all you should wear.
- Make sure your nails are trimmed and clean.
- Minimize cologne as many people are allergic.
- Avoid backpacks, carry a portfolio instead.
- Be sure all cell phones are off.

WOMEN

- Wear a classic suit or a simple dress with a jacket. This is not a time to be provocative or sexy. The best choices in suits or jackets are solid colors or conservative prints. Bold patterns are distracting. Some appropriate colors are navy blue, black, dark green, dark red, burgundy, or gray.
- Silky blouses and rayon look dressier than cottons. Choose a conservative neckline.
- Avoid wearing clothes that are tight, revealing or trendy. It may be the latest fashion but it will not impress the interviewer.
- Choose sheer stockings in a soft neutral color.
- Shoes should be on the tailored side, but should also be fashionable. Closed toe and moderate height heels are best.
- Fingernails should be trimmed to a reasonable length. The polish color should be neutral.
- Minimize perfume as many people are allergic.
- Avoid big purses or backpacks. Carry a portfolio and a small purse if necessary for keys and wallet.
- Be sure all cell phones are off.

