

# **CBAT: DRESSING FOR THE INTERVIEW**

According to Image Dynamics, 55% of another person's perception of you is based on how you look. First impressions are vital!

## **MEN**

- **Single-breasted navy, charcoal gray, or black two piece suit. A subtle stripe or pattern is acceptable.**
- **White, long-sleeved oxford cloth shirt.**
- **Conservative tie.**
- **Dark socks that, when you are seated, will remain above the pants cuff.**
- **Belt or shoes of matching color, typically black or cordovan. Well polished shoes.**
- **Professional briefcase or portfolio instead of backpack.**
- **Minimal cologne.**
- **Neat hair style.**
- **No more than 1 ring on each hand.**
- **Professional watch, especially one without an alarm that may sound during the interview.**
- **Trimmed and clean finger nails.**
- **Good hygiene!**
- **Remove body piercing, including earrings, and cover tattoos.**
- **No chewing gum!**

## **WOMEN**

- **Skirted suit with skirt length appropriately at or just above the knees. Suit jacket can be single or double-breasted. Pant suits are also acceptable.**
- **Navy, charcoal gray or black are the preferred suit colors.**
- **White, off white or light cotton or silk blouse with conservative necklines and hidden or conservative buttons.**
- **Low to medium leather heel with closed toe.**
- **Neutral hosiery.**
- **Moderate amount of jewelry or accessories. No more than 1 ring on each hand.**
- **Professional briefcase or portfolio instead of backpack or purse.**
- **Minimal makeup and perfume.**
- **Trimmed fingernails with conservative color, if any.**
- **Good hygiene!**
- **Neat hair style with hair pulled back from face.**
- **No chewing gum!**

## **BUSINESS CASUAL: General Rules**

### **Men:**

- Not expected to wear ties
- Business or sports jacket is appropriate
- Stylish, solid colored pants
- Long-sleeved solid or striped dark shirt
- Dark socks
- Matching belt and shoes

### **Women:**

- Business skirt or pants
- Conservative blouse or sweater
- Blazer or vest is appropriate
- Flat or low heels
- Neutral hosiery
- Belt, scarf, and accessories should remain understated

### **NON-BUSINESS CASUAL ATTIRE:**

- Jeans, tennis shoes, tight or short skirts, t-shirts and sweatshirts
- Business casual does not apply to grooming standards. (*Your appearance should remain neat and respectable. This includes nicely pressed clothing, polished shoes, and conservative accessories.*)

**Interview Dress web site designed specifically for college students:**

**[www.symsdress.com](http://www.symsdress.com)**