

# Styles of Dress



Includes material from:

Department of Human Performance

Weber State University

<http://www.weber.edu/wsuiimages/mollysmith/4990Presentation/Job%20Interview.ppt>



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**UCDAVIS**

<http://icc.ucdavis.edu/files/interviewing.ppt>

# First impressions

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## Men

Suit  
Jacket  
Pressed shirt  
No beepers




## Women


Suit  
Plain jewelry  
No perfume  
Hair groomed


# Rules of Thumb


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 No sleeveless shirts

 Have your clothes pressed

 No open toe shoes

 Pantyhose for women, socks for men

 Clothes should be comfortable

– avoid too tight, too short

# Accessories

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## Shoes

- Polished, comfortable

## Socks/Hose

- Do not go without socks/hose

## Belts

- If have belt loops, wear a belt


## Jewelry

- Minimal

## Purse/Attache Case


# Hints

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 Dress for the position you want, not the position you have

 Men

- Wear a white t-shirt under dress shirt
  - Helps with perspiration
- Have someone help you tie your tie

 Women

- Pull hair back
- Go easy on make up
- One ring per hand

# Different clothing types

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## Professional Dress

- Interview outfit
- Daily clothing for professional office setting

## Business Casual Dress

- Dress down Fridays or casual office environment
- Career Fair

## Casual Dress

- Company picnic
- Traveling for work

# Women's Professional



# Women's Business Casual

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# Women's Casual

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# Men's Professional

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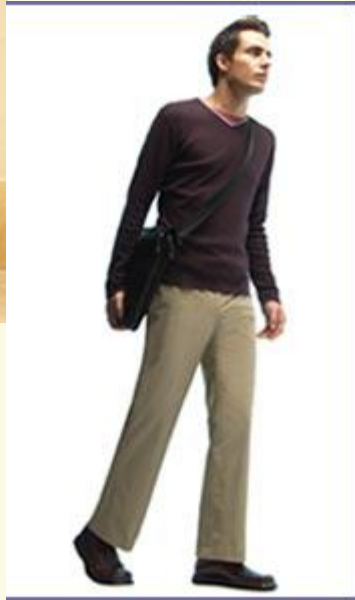
# Men's Business Casual

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# Men's Casual

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# For Women

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- 📄 Wear a suit, skirt and tailored jacket, dress with sleeves, or dress with jacket in conservative style, color and fabric. Be feminine, but business-like. Do not dress sensually unless sex appeal is part of the job.
- 📄 Hair in conservative style; nails manicured, short to mid-length, clear or light color polish.
- 📄 Keep make-up and accessories to minimum; less is more.

# For Men

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## For men

- 📄 Wear a suit, blue or gray, in conservative style. Blazer, slacks and shirt with collar but w/o tie are acceptable in few instances. Freshly pressed.
- 📄 Shirts solid color; ties conservative.
- 📄 Eliminate earrings, flashy jewelry or strong after-shave.
- 📄 Conservative style hair, beard.
- 📄 Dress style shoes, polished and repaired.

# Tips

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- 📄 Bathe and use deodorant-antiperspirant before the interview.
- 📄 Check your appearance before going in.
- 📄 If you have bad breath, take a breath mint.