

# BETHEL UNIVERSITY

Career Services

## The Interview: Dress For Success

Research shows that within 4-9 minutes of an interview, the recruiter decides whether or not to seriously consider you for the position partly based on your appearance. Deciding what to wear can be stressful, but it doesn't need to be. You can calmly and confidently dress for success!

### “I have an interview....What am I going to wear?”

You've written an amazing resume and cover letter. Now it's time for that face-to-face job interview. Remember, professionalism is important; it's better to overdress than be under dressed. *If possible, observe the employee dress code and then dress one notch above.*

#### Women

- § **Suits:** Well-fitted, conservative, solid or pinstripe is best. Choose a dark or neutral shade like black, navy, brown, or gray.
- § **Skirts:** No shorter than two inches above the knee.
- § **Blouse:** Solid in color, preferably white or cream. No revealing or short sleeve shirts.
- § **Make-up:** Minimal or natural-looking, clean nails, or clear nail polish that is not chipped.
- § **Jewelry:** Minimal, avoid dangling earrings and no more than one ring per hand and a dress watch. No visible tattoos/body piercings beyond conservative ear piercings.
- § **Shoes:** Closed-toe with low or mid heels. The best colors to wear are black, brown, and navy. Refrain from multi-colored shoes. Shoes should be polished.
- § **Accessories:** Do not carry a purse with a briefcase. Carry a leather notebook to hold resumes and a notepad. Belts should complement or match your shoes.
- § **Perfume:** Minimal, not overpowering. Remember, you will probably be interviewing in a small room and allergies to scents are common.

#### Men

- § **Suits:** The best colors are dark, such as black, brown, or navy. A two-piece suit is preferred.
- § **Shirts:** Always wear a long-sleeved shirt that is white, cream, or pale-blue, preferably a solid color without stripes.
- § **Ties:** Width should be between 2 ¾” and 3 ½” and complement your suit, but not match it. Tie should extend to your belt; the size of the knot should be small, and never wear a bow tie.
- § **Coat:** A nice, full length coat can be worn over your suit.
- § **Shoes:** Black, burgundy or brown leather dress shoes, tassel loafers, wing tip, or laced shoes preferred.
- § **Socks:** Mid-calf and should complement the suit (blue, black, gray, or brown).
- § **Accessories:** Avoid wearing religious/political insignias, flashy cuff links, rings, earrings, and neck chains. Wear a simple watch. Belts should match and complement your shoes. If you have a beard or mustache, it should be clean and neatly trimmed.
- § **Cologne:** Minimal, not overpowering. Remember, you will probably be interviewing in a small room and allergies to scents are common.

### “I have an interview....but I don't have any money for clothes!”

You want to look your best, but a \$300 suit isn't in your budget. Consignment shops offer clothes in nearly new condition and up to 75% off retail prices. Here are some ideas:

**Turn>Style**, across Fairview Av. from Rosedale (651-633-5499)

**Second Impressions**, 3551 Lexington, Shoreview (651-765-9095)

**Elite Repeat**, 1336 Randolph Street, St. Paul (651-699-2315)