



Dress for Success

Interview Style Guide

“Aim to be well groomed and professional, you will have more confidence and this will come across to the interviewer.”

Gabrielle Teare - Fashion Stylist

Going for your first interview can be a nerve-racking experience, however dressing appropriately can give you confidence. In this leaflet we have put together some tips on how to make a great first impression. Good luck!

The first impression you make on a potential employer is the most important one. The first judgment an interviewer makes is going to be based on how you look and what you are wearing. That's why, in many cases, it is still important to dress professionally for a job interview, regardless of the work environment.

Interview Attire Tips

- Before you think about going on an interview, make sure you have appropriate interview attire and everything fits correctly.
- Get your clothes ready the night before, so you don't have to spend time getting them ready on the day of the interview.
- If your clothes are dry clean only, take them to the cleaners after an interview, so they are ready for next time.
- Polish your shoes.
- Make sure your nails are short and clean.

The first rule of dressing for interviews is:

“YOU CANNOT GO WRONG BY BEING BORING AND CONVENTIONAL”!

University of Kent

“37% had decided against hiring a candidate due to the way they were dressed”.

What Not to Bring to an Interview

- Chewing Gum
- Mobile phone (or make sure it is on silent)
- Ipad or earphones
- Food or drink
- If you have lots of piercings, leave some of your rings at home (earrings only, is a good rule)
- Cover tattoos



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Style guide for girls



Try to wear plain, neutral colours such as black, grey or navy.

Shoes should either have a low heel or be flat. Make sure they are clean!

Always wear a smart jacket.

Skirts should be either on, or just above the knee.

Avoid tops that are too low cut or highly patterned.

Smart trousers with a jacket can give a more formal look.

STYLE GUIDE FOR BOYS



A long-sleeved shirt is recommended. Make sure it's ironed!

Always wear a tie

Wear a smart jacket.

Go for neutral colours – black, grey or navy.

Wear dark coloured socks. Brightly coloured ones give a negative impression!

Wear smart, polished shoes.

Some useful websites:

National Careers Service:

<https://nationalcareersservice.direct.gov.uk/advice/getajob/interviews/Pages/Interviewsdosanddonts.aspx>

Kent University <http://www.kent.ac.uk/careers/ivdress.htm>

Monster Recruitment <http://career-advice.monster.co.uk/job-interview/job-interview-behaviour/what-to-wear-to-a-job-interview/article.aspx>

<http://www.melanieallen.co.uk/articles/what-not-to-wear/>

<http://www.jobs.ac.uk/careers-advice/interview-tips/1103/how-to-survive-an-interview>