

## INTERVIEW DRESS

What you wear conveys how important the opportunity is to you. The primary goal in dressing for an interview is to feel good while projecting an image that matches the requirements of the position and organization. The professional standard is to wear a two-piece, matching suit in gray, navy, or black. If are uncertain about attire, check with a counselor at the CCD or an alumnus at the organization.

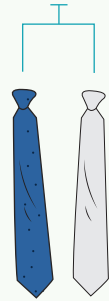
### SHIRTS

Wear a long-sleeved, collared, button down shirt in white, light blue, or another calm color.



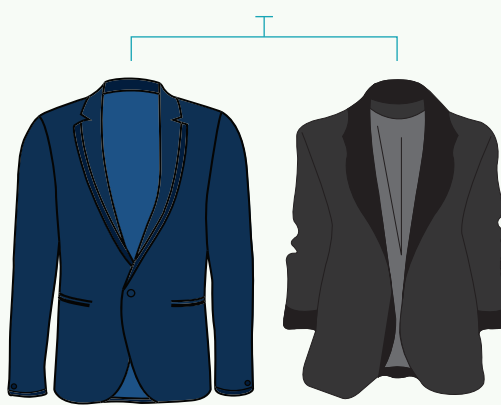
### TIES

Whether stripes or small dots, patterns should be subtle.



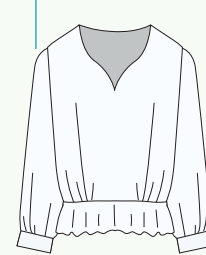
### SUITS

A two-piece matching suit in navy, dark gray, or black is appropriate. A skirt and blazer combo also works.



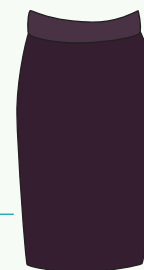
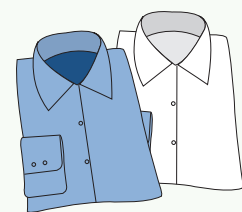
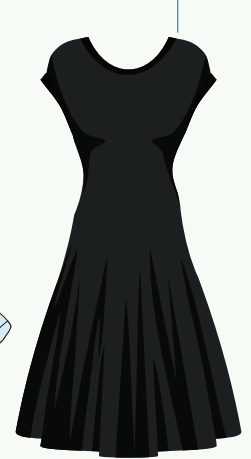
### BLOUSE/TOPS

Wear a professional top in neutral or pastel colors.



### DRESSES

A dress can also be worn, even under a blazer. Like skirts, the dress should be knee-length.



### SHOES, SOCKS, & BELTS

Wear dress shoes, dark socks, and a belt to match your shoes

### PANTS

Khaki pants fall in the category of business casual

### WRINKLE-FREE

Whatever you decide to wear, make sure your attire is wrinkle-free



### SKIRTS

Skirts should always be knee-length

### SHOES

Coordinate your outfit with flats or low closed-toe heels in dark or neutral colors.

### PANTS

Blue pants also fall in the category of business casual

## BUSINESS CASUAL

Business casual is one notch down from traditional interviewing attire. When the dress code is business casual, keep in mind it's not appropriate to wear your favorite old t-shirt, ripped jeans, old sneakers, or flip-flops. Remember the "business" part of business casual, and leave your old comfortable clothes at home. Outfits should still be clean, pressed, and fit properly. Sandals or peep-toe shoes may be permissible in some offices but save flip-flops for the weekend.

## NON-VERBAL COMMUNICATION

Along with attire, non-verbal communication is also an important factor to keep in mind while interviewing.

- Be aware of your body language and smile
- Be relaxed, but exude energy; have a firm handshake
- Avoid distracting body motions, such as adjusting hair and clothes
- Make eye contact when speaking with the interviewer(s)
- Sit comfortably, but attentively with good posture