

Professional Dress for Women

First impressions count and, yes, recruiters do judge a book by its cover. Plan in advance how you will dress for the interview or career fair, choosing clothes that are subtle, professional and conservative. Dressing your best shows respect and professionalism. You have only one chance to make a strong first impression!

Dress Tips

- Dress pants or a dark-colored skirt of knee-length or longer are best paired with a light-colored blouse or jacket.
- A dress is acceptable, but not required.
- Stay away from bold colors, dramatic prints, low-cut necklines, spaghetti straps, camisoles or exposed midriffs.
- Tights or leggings are not acceptable as slacks.
- Check your shoes and make sure they are medium or low-heeled, polished and conservative, not flashy or too trendy.
- Handbags should be small or not carried at all.
- No more than one ring on each hand and one set of earrings; avoid showy jewelry.
- Have minimal make-up and perfume.
- Hair should be well-groomed and kept away from the face.
- Avoid extremely long fingernails and trendy or bold nail polish; no visible tattoos.



Professional Dress for Men

Dress Tips

- A suit is acceptable, but not required; traditional colors - such as dark blue, gray or black are best.
- Otherwise, wear dark pants in black, brown or khaki with a white button-down shirt and tie or a classic collared shirt.
- Ties should coordinate with pants and have a professional look.
- Shoes should be either black or brown with coordinating socks - wear socks!
- Hair, including facial hair, should be neatly trimmed.
- Wear minimal or no cologne or aftershave.
- Minimal jewelry: a watch and wedding/college ring are acceptable.
- Remove earrings, even if you usually wear them; no visible tattoos.



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