

What to Wear to a Job Interview

Ryerson Career Development and Employment Centre

What you wear to a job interview, especially a co-op/internship or career related interview, should give an impression of professionalism. It should make the interviewer(s) pay attention to you but not distract them from what you have to say. An interview is an opportunity for potential employers to assess your ability to perform the job that they are recruiting for. What you wear will have an impact on the impression that you give to the interviewers and therefore you can help yourself by dressing your best!

Personal Hygiene:

- Make sure your hair is clean and neatly styled
- Do not wear excessive amounts of perfume or cologne
- Be sure to wear deodorant/antiperspirant
- Be sure that your teeth are brushed and free from food particles
- DO NOT SMOKE before an interview
- Make sure hands and fingernails are clean and manicured

Things to Bring:

- Portable mouthwash or small breath mints (do not eat them during the interview but just before)
- Small mirror to check teeth or hair and a small hair comb
- Tidestick (or other spot remover) in case of any accidental spills
- One professional looking bag or briefcase to bring necessary documents

Attire:

- 1) Fit: Anything too small looks inappropriate, anything too big looks sloppy or casual
- 2) Comfort: Your comfort will reflect on your face and in your body language. Do not wear shoes/boots that are difficult to walk in, or a jacket/shirt/skirt that restricts your movement
Cleanliness: Make sure garments are freshly washed and neatly pressed. Make sure clothes are free of any stains or holes.
- 3) Be Prepared: Select your clothing a day or two before your interview to assure that they are in pristine condition.

Fiber Content:

Fibers are what fabrics are made of. Clothing companies are required by law to provide the fiber content of any particular garment, usually on the label with the care instructions.

Good Fibers: Cotton, silk and wool are ideal. They are natural fibers that react well with the body. When buying a suit, try to find one made entirely of wool. Wool resists wrinkles and stains, and is versatile in all weather conditions due to its natural insulating properties. Cotton washes easily as well as irons well, and silk is very elegant. If you cannot find an outfit made from purely natural fibers then try to find ones with a blend of natural and synthetic properties. Try to buy shoes and accessories made from real leather unless you have ethical reasons not to.

Bad Fibers: Polyester, rayon, acrylic, linen. Though linen is a natural fiber, it has a tendency to wrinkle with any slight movement, not good for a first impression. Polyester and rayon are often used in lieu of cotton, wool or silk. If you must buy these, try to buy pants and skirts instead of



Career Development & Employment Centre

Ryerson University

POD 60, 350 Victoria Street, Toronto, ON, M5B 2K3

Telephone: 416-979-5177

E-mail: career@ryerson.ca

Website: <http://www.ryerson.ca/career/>

tops and jackets as synthetic fibers retain smells such as body odour. Acrylic is often used in knitwear, it does not breathe well and retains odours just like polyester and rayon.

Men

What to Wear for a Job Interview:

It is a good idea to ask the Human Resources person who arranges your interview what the dress code of the company is so you know how to dress for the interview. There are generally two sorts of uniform: Formal or Business Casual. Formal means you are likely expected to appear for work in a suit and tie every day, therefore you should wear a suit and tie to your job interview. Business casual allows for more variation in one's everyday dress. Mix and match with sports jackets, sweaters, dress shirts, ties, slacks and dress shoes. If the job is business casual then you may wear a coordinated outfit consisting of a sports jacket or cardigan, a dress shirt, tie and slacks. If the job is entirely casual, try to dress up for the interview by following the guideline for business casual. It is better to be over dressed for an interview than too casual.

Stores in Eaton Centre:

Formal: H&M, Harry Rosen, Sears, The Bay...

Business Casual: H&M, Zara, Banana Republic, Club Monaco, RW & Co, The Gap, Mexx, Tristan

Shoes: Aldo, B2, Browns, Little Burgundy, Town Shoes, The Bay

Useful Resources:

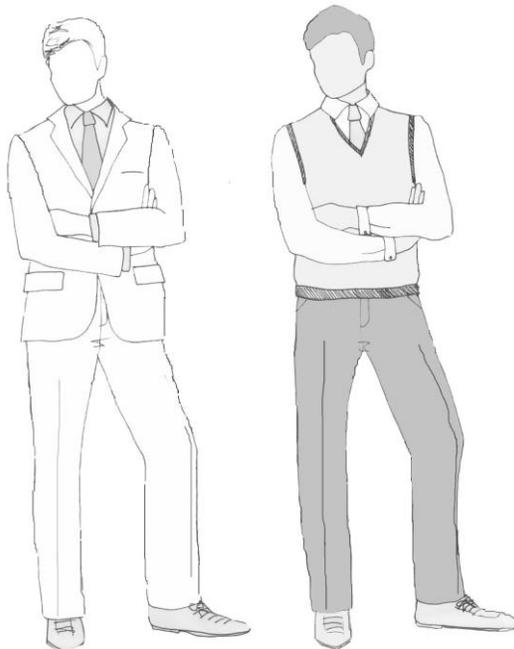
<http://searchwarp.com/swa4754.htm>

<http://mensfashion.about.com/od/suits/a/BuyingSuit.htm>

<http://www.mensflair.com/style-advice/it-suits-you.php>

<http://www.career.vt.edu/Jobsearc/BusCasual.htm>

<http://ezinearticles.com/?Business-Casual--3-Ways-to-Look-Sharp-in-Mens-BusinessCasual&id=975637>



Women

What to Wear to a Job Interview:

Women have a great deal of options for work attire. It is a good idea to ask the Human Resources person who arranges your interview what the dress code of the company is so you know how to dress for the interview. If the work setting is formal, it may be advisable to wear a suit to the interview. A suit may consist of a jacket, a skirt, or a pair of slacks and a blouse or dress shirt. If you wear a skirt or dress, be sure to wear panty hose or tights and keep the hemline appropriate, no more than an inch or two above the knees. If you are thin and without curves, a pencil skirt is a good way to achieve a flattering silhouette, however, if you are quite curvy, you may want to go with an A-line skirt instead. Keep the color palette relatively neutral. Do not wear loud and jingly jewelry as it will be a distraction to both you and the interviewer. Avoid sandals or open-toed shoes, and opt for a black or brown heel or elegant flat shoes. If the job is business casual, you may mix pieces such as dresses, skirts, slacks, blouses, sweaters and jackets.

Stores in Eaton Centre:

Clothing: H&M, Zara, The Gap, Jacob, Banana Republic, Club Monaco, Mexx, RW & Co, Tristan
Shoes: Aldo, B2, Browns, Little Burgundy, Town Shoes, Nine West, The Bay, Sterling Shoes

Useful Resources:

http://www.ehow.com/how_49_dress-business-casual.html

<http://www.freebeautytips.org/business-casual-dress.html>

<http://www.overstock.com/womens-suits-buying-guide.html>

