

## MAKING A GREAT FIRST IMPRESSION IN YOUR INTERVIEW AND BEYOND

### Attire: Does It Really Matter What You Wear?

#### Questionnaire: Assess Your Personal Style

1. What colours/types of clothing do you wear most often?
2. What colours/types of clothing do you feel best in?
3. What colours/types of clothing do you avoid? Why?
4. If you were to dress for an important meeting and select your "best" or favourite clothing, what would it be? (Describe in detail, including tie, watch, socks/hose, and shoes).
5. If you could select an acceptable, comfortable daily uniform, what would it be?
6. Think of someone in your field whom you consider to be particularly successful. What does that person wear? (Be as specific as possible).
7. Which articles or styles of clothing would you never wear? Why not?

From Susan Morem's *How to Gain the Professional Edge: Achieve the Personal & Professional Image You Want*, 2nd ed.

When it comes to first impressions, what you choose to wear can have a strong impact on how you are perceived and received. The National Association of Colleges and Employers (NACE) surveyed 457 employers who recruit new college and university graduates throughout North America, and an overwhelming 92% stated, "A candidate's overall appearance influences their opinion about the candidate."

## Questions to Ponder When Deciding What to Wear

- How do you make your clothing decisions?
- What does your clothing communicate about you?
- What do you want it to communicate about you - your intentions, attitude and level of professionalism?



### For Job Interviews or Networking:

- What image or characteristics do you want to project?
- What are the norms of the industry/profession/company?
- What is the work environment like? What type of work will you be engaged in?
- Who will you be interacting with both at the interview/event and on the job?
- For networking events, what type of event will you be attending? Where and when is it? What is on the agenda?
- What image will help you remain competitive?

There are many styles of business attire, and each one is suited for particular kinds of work and work environments or functions.

A table depicting different attire styles with an example of each

Attire style	Example
Casual	
Business Casual	
Professional (Business)	
Semi-Formal	
Formal	

## Attire Spectrum: From most professional to most casual

### Women

- Two-piece matching skirted suit
- Two-piece matching pantsuit
- Skirt with blouse/top and jacket
- Business dress with jacket
- Slacks with blouse/top and jacket
- Business dress with or without sweater
- Skirt and blouse or sweater set
- Slacks with blouse or sweater set
- Slacks with sweater
- Casual pants with casual shirt or sweater

### Men

- Two-piece matching suit, shirt, and tie
- Slacks with shirt, tie, and blazer
- Slacks with shirt, tie, and sport coat
- Slacks with shirt and tie
- Slacks with shirt, tie, and sweater
- Slacks, shirt, and sport coat
- Slacks with sweater
- Casual pants with sweater
- Casual pants with long-sleeved shirt
- Casual pants with short-sleeved shirt

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