

What should women wear to a job interview?

Source: <http://www.proedit.com/articles/what-to-wear-to-an-interview-for-women.asp>

Your primary goal in dressing for an interview is to feel great about the way you look, while projecting an image that aligns with the requirements of the position and company for which you are interested in working.

The perceptual experts tell us we have **six seconds** to make a first impression. First impressions are extremely important. The way you present yourself can be as important as what you say. Use your best judgment, and always take into account the type of position for which you are interviewing. The main thing to remember is that you want YOU to be the focus of the interview, not your "fashion sense" (whether it's good or bad). What you are wearing will show your knowledge of the job, your sense of appropriateness, and your attention to detail. Wear attire that is "one step above" what you would be wearing for work. A good tip when you are setting up the interview is to ask what the attire is for the office. All clothes should be clean and pressed.

Also, you don't have to spend a lot of money to be professional. You can make a good impression by paying attention to details and choosing your attire carefully. End-of-season shopping yields great deals on sale items. Shoppers of consignment, yard sales, and thrift shops often walk away with high quality, seldom or never worn clothes at bargain prices. Great for shoes and handbags too!

Here are some "interview fashion" tips just for the ladies:

- Dresses, suits, and skirts are standard interview attire. A conservative hem length is your best bet.
- Even if you would wear pants on the job, consider a business skirt for a stronger look.
- Darker colors are more professional.
- Stay away from anything sheer or too revealing. No skin should be showing between tops and skirts. Light or tan hose should be worn.
- A purse should be small and not cumbersome for an interview.
- No perfume. Smell is the most powerful of the senses. You want all focus to be on YOU, not on how much someone else likes or dislikes your perfume or who it reminds them of from their past. It also signals a possible lack of consideration for those around you if you would be working in close conditions with others.
- Hair should be neat and arranged nicely. Keep hair pulled back and off your face. No scrunchies, rubber bands, or pullback clips. If you color your hair, make sure your roots are done. This shows attention to detail. (And besides, only your hairdresser should know for sure!)
- Jewelry should be kept to a minimum. Earrings should be simple and small (not dangling or hoops). No bracelets that jangle or slip about. Again, you want the focus to be on YOU, not your jewelry.
- Go for natural makeup to enhance your features.
- Nails should be manicured in a basic fashion. Use clear or light polish.
- For shoes, heel height should be low or short. No sandals or open-toe shoes. Above all else, remember you can't do your best on an interview if your feet hurt! So make sure your shoes are comfortable. All shoes should be polished and should not look scuffed.
- All clothing should be checked for loose buttons, and dangling threads, and tags from newly purchased items.
- It is best to try on the outfit you are planning to wear the day before the interview to double check and make sure everything is just how you want it to be.