

WHAT NOT TO WEAR: INTERVIEW EDITION

You've landed an interview. *Congratulations!*

It can be hard to know what's most appropriate when meeting with a potential employer. Choosing the right outfit can boost your confidence, and help you feel like a good fit in your potential future workplace. Research the organization first to glean any hints about their specific dress codes and culture. In case you're stumped, here are some general pointers that will help you make a positive impression:



20% RULE

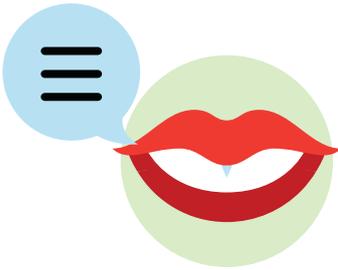
Standard advice is to dress 20% better than you would on a normal day at the job. If you're interviewing for a fast food restaurant for example, don't wear a three piece suit!



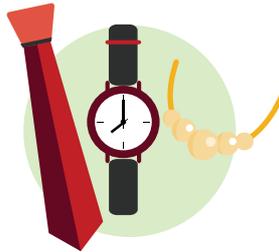
If you're unsure of the company culture, your go-to outfit should be a suit or dress pants/skirt and a blazer.



Make sure your nails are neat and not too long. Any nail polish should be newly applied and a subtle colour.



Wear neutral colors to ensure that the interviewer can focus on what you have to say.



Avoid wearing a tonne of bright jewelry or big accessories. One key statement piece (your favourite shoes, tie or earrings) can help you convey personality and be memorable without overwhelming people.



Flip-flops and sandals are a no-go for an interview. Instead, opt for conservative shoes that won't detract from your outfit.



Keep hair and makeup simple, day-time appropriate, and out of your face.



REMINDER

Play it safe and avoid clothes that are too sheer or revealing.



Don't wear perfume or cologne, and avoid smoking right before the interview – an employer might be allergic.



Check that your clothes (or borrowed clothes) are clean and properly fitting well in advance. This will give you time for a quick trip to the dry cleaner or mall if you must.



RESEARCH IS KEY!

The absolute best way to prepare for an interview is research to get an idea of the company's culture.