Professional Attire
When participating in a face-to-face interview, video interview, networking night or other professional development opportunity, keep in mind that first impressions are lasting impressions. Part of that impression consists of how you physically present yourself. For interviews, the rule of thumb is to wear a suit. But what about your hair and jewelry? Should you shave? These are good questions. Below are some tips about how to best present you.

Guidelines for Women:
- **Business suit** with coordinating skirt or pants
  - If wearing a knee length skirt. **Do not** wear skirts that are short, tight, and clingy or with a high slit. Must be no less than 2 to 3 inches above the knees.
- **Dark colors** - navy, black, brown, medium to charcoal grey, wine.
- **Blouse** - Light color or solid white, off-white or neutral with a conservative neckline
- **Hose** - not always needed depending on weather and location but a natural color is best
- **Shoes**: polished, plain, closed-toed pump in a dark color. Heels **no higher than 2 inches**
- Neatly styled hair
- **Simple jewelry** - at most a necklace, earrings (one pair, no dangles), watch, and no more than one ring on each hand.
- **Conservative makeup and nail polish** - avoid unusual colors (e.g. blue, green)
- **No cologne or perfume** - small interview rooms, some people may have fragrance allergies

Guidelines for Men
- **Business suit**
- **Dark colors** - preferably navy or medium to charcoal grey
- **Pattern** - solid or pinstripe
- **Shirt** - well-pressed, long sleeved oxford cloth shirt, preferably white or light blue
- **Tie** - solid color, small polka dot, or conservative stripe (here is your chance to use color).
  - **Tie should reach your belt line**
- **Shoes**: polished in black, cordovan or brown
- **Belt** - should match your shoes
- **Socks** - should match your suit and not allow any skin to show when you cross your legs. NO WHITE SOCKS.
- Well groomed hair and facial hair
- **No cologne or perfume** - small interview rooms, some people may have fragrance allergies