

Research, beforehand, the preferred dress at the office or business you'll be visiting. Company dress codes vary widely and it is sometimes hard to assume what the appropriate attire is at a given organization. Often it is the industry, community and customer base which the company serves that will determine whether the dress code is professional, casual, or somewhere in between.

## Tips for Interviews

- **Arrive well-groomed:** hair neatly brushed/trimmed/styled
- **Avoid the use of heavy fragrances** (perfume or cologne): some people are sensitive to strong scents
- **Wear comfortable shoes:** You need to be able to walk easily
- **Wear accessories conservatively:** A few professional items to consider could be: a watch, cufflinks, tie, small earrings, and/or necklace. Less can be more!
- **When in doubt, dress formal/professional:** it's better to be overdressed than underdressed
- **Choose your colors wisely:** black, navy blue, gray or brown are considered more "professional" or neutral in terms of clothing colors. In certain settings, colors like red, purple, green, etc. can be used to your benefit especially in professions that are considered more creative. Consider the color guide below when choosing your interview outfit but *remember, any outfit you wear should be **clean, pressed** and as **well-fitting** as possible to present your **best self**.*

Black	Black is the most formal color and represents leadership, sophistication and exclusivity. Black is best used for higher level interviews such as those for jobs in leadership or managerial positions. It's not an ideal color for someone interviewing for an entry level position or someone who wants to be seen as friendly.
Blue	This color exudes calmness, confidence and trust. Blue communicates that you are a team player. Many hiring managers name this as one of the best colors that candidates can wear to an interview. The brighter shades are eye-catching while darker shades are good for conservative professional jobs.
Gray	Gray is a color that says you are independent, logical or analytical. It tells the hiring manager that you are an individual capable of thinking on your own. Gray also provides a solid foundation for adding small amounts of color such as a jewel-toned tie, shoes or bag.
White	Wearing white or beige is one of the safest colors to wear and can indicate to the hiring manager that you are highly organized.
Brown	Brown is an earthy color that communicates reliability and dependability. It's also important to note that while it can convey solidity, it can also come across as old-fashioned, so be careful how you wear it.
Red	This color conveys energy, passion and power and is a good choice if you are trying to persuade someone or come across as energetic. It has also been associated with excitement and courage. You may want to consider the role you're seeking, such as whether it's a leadership position, before wearing red.
Green	These colors can communicate that you're fun and/or creative. However, they may not be the best choice for an interview as they don't invoke feelings of commitment and trust. Orange, in particular, is considered the most inappropriate color for an interview and can come across as overly confident and unprofessional.
Yellow	
Purple	
Orange	

Business/professional dress is considered standard for most interviews, even if more casual clothing is typically worn in the workplace. Below are definitions for some dress codes you may encounter.

**Casual** – Informal and comfortable, yet clean and professional

- Khakis or good jeans, long or short skirt
- Shorts (depending on occasion/climate)
- Plain t-shirt (no graphics/slogans), polo or turtleneck
- Casual button-down shirt/blouse and/or sweater
- Loafers, sneakers or sandals

**Business Casual** - Typical, everyday office attire

- Khakis or dress pants
- Casual skirt or dress
- Polo or collared shirt
- Dress shoes, loafers, or flats

**Smart/Dressy Casual** - A combination of business casual and business attire

- Dark jeans (no holes) or khakis
- Dress, dress pants or skirt
- Collared shirt, casual button-down shirt or dressy top
- Blazer or nice jacket/sport coat
- Optional tie

**Business Attire** - More sophisticated and signaling a need for a suit

- Dark business suit or business style dress with a jacket
- Collared dress shirt and conservative tie
- Dress shoes and long dress socks or comfortable heels (low or high)

**Semi-Formal** – Typically more formal than what you would wear to the office, for special events

- Dark business suit or short afternoon or cocktail dress
- Long dressy skirt and top
- Dress shirt
- Tie
- Dress shoes and long dress socks

**Note:** When in doubt about what to wear, ask someone in the company or industry for suggestions, or sign up for a same-day appointment with a staff member at CPP for some feedback. We want you to feel both prepared and comfortable.