

How to dress for an interview

“According to a study by Frank Bernieri, Ph.D., an associate professor of psychology at Oregon State University, within the first 10 seconds of meeting your interviewer--otherwise known as the meet-and-greet--that person has decided whether or not you're right for the job. Those who come across as polished and pulled together are quite simply more likely to be hired than those who are seen as putting in less effort”.

"Although it may not seem fair, it isn't worth it to dress differently if you have a goal in mind," says Zoller. "It takes time to make up for a bad first impression, and in an interview you don't have that opportunity because it goes by so quickly." ¹

Men:

1. **Suit (Optional):** A candidate may choose to wear suit. Depending upon the designation of interview, the candidate may choose to wear a suit or not. However wearing a suit shall only add to the impression of the candidate.
2. **Shirt:** Candidate is advised to wear simple and elegant shirts. Jazzy shirts with abstract designs and bling are a strict NO. Simple light colors are advised, they may include thin stripes or checks.
3. **Tie:** Professional ties are advised for a candidate. Professional tie should suit the color combination worn by the candidate on the day of the interview. Tie's should not have any abstract designs or cartoons characters drawn on it.
4. **Trouser:** Bold colors such as pink, yellow, orange, red, purple, etc. is a strict no for interview dressing. The ideal color for wearing to an interview are black and blue (may be plain or with fine lines).
5. **Belt:** Simple professional black or brown belt should be the choice for the day of the interview.
6. **Socks:** Clean fresh pair of socks should be chosen, if one were to choose a pair of socks which are already use, chances are they may carry stale smell which is very noticeable.
7. **Shoes:** Formal black / brown shoes should be the choice to wear to the interview and not fancy canvas or sports shoes. Do not worn torn shoes, if such is the case, make arrange to get them fixed or for a new pair (you do not want to be perfect on the top and sloppy on the bottom). Flip-flops and slippers are NOT to be worn when going for an interview.

Make sure you are clean shaven before you walk in for an interview.

If you are in the habit of applying nail polish make sure you clean it before you go for an interview.

¹ <http://www.forbes.com/2010/02/16/job-interview-fashion-forbes-woman-style-meetings-10-mistakes.html>

Women: Women have a choice of wearing either traditional or western outfits when going to the interview.

1. Traditional: Women may choose to wear either a saree or salwar kameez for the interview. The colors should be simple and routine colors. Jazzy colors such as bright florescent colors and / or abstract designs should NOT be worn.
Make sure the footwear match your traditional wear. It is not advisable to wear pair or sports / canvas shoes for the interview.
2. Western:
 - a) Trousers: Bold colors such as pink, yellow, orange, red, purple, etc. is a strict no for interview dressing. The ideal color for wearing to an interview are black and blue (may be plain or with fine lines).
 - b) Skirt: If you choose to wear a skirt to the interview, make sure that their length is appropriate. Skirt should complete you as a professional not be a mode to distract the interviewer. Skirt upto the knee length or longer are idea.
 - c) Shirt / Blouse: Simple office shirts with sleeves should suit your western outfit. Plain colors are ideal choice for the day of the interview.
 - d) Jacket: You make choose to wear a jacket on top. Again, avoid jazzy colors, black and blue are ideal.
 - e) Shoes: Match your footwear to your outfit. Do not wear sports shoes for an interview. In case you wear heels, wear a size that you are comfortable walking in. Do not wear high heeled shoes which may make you fall at the interview.

Women, who choose to apply nail polish, should make sure that they are simple / conservative colors (clear color is advisable). Jazzy designs and bold colors such as orange, yellow, green, should be avoided for the interview process.

Women may wear simple but not heavy jewellery when going for the interview.

Women should try to make minimal use of make up when going for the interview; it shall not be obvious to the interviewer.

General Tips:

1. Do not carry your papers loosely in hand or folded. Make sure they are set straight in an “L” folder or a thin zip binder is a good way to carry your material. Carrying bulky briefcase just to show off is not advisable.
2. If you have tattoos drawn on portion(s) of your body make it a point to cover such areas when you are presenting yourself at the interview. The interviewer may not be interested at how designer you look.
3. Make sure you are well groomed for you’re the interview, i.e. your nails have been trimmed, hair is well set and trimmed (do not go to an interview with gel spiked hair look, you are calling for yourself to be eliminated from the selection process), hands are to be washed clean and dry.
4. Any jewellery, other than those that are religious should not be on your body at the time of the interview. Jewellery such as piercings done on eye, fancy rings, bracelets, wristbands, etc.
5. If you sweat, make sure you apply some deodorant / perfume / cologne before you walk in for the interview. You do not want the room to smell because of your presence.