

## How to Dress for the Interview – Look the Part

Personal presentation is more than the clothes you choose wear. Employers use your personal presentation to notice in seconds if they think you care enough to present yourself well to suit the job.

This includes:

- your physical appearance. Wear clean clothes, have clean and brushed hair and be well groomed.
- body language. Smile, make eye contact and have good posture.
- how you speak and be friendly and polite.
- your online profile. Employers will look you up. Do your online profiles send the right message?

Match yourself to the workplace-Dress right for the employer you want to work for. If it's a conservative office job, tattoos and piercings may have to go.

Research the company before your interview and if you aren't sure what to wear, dress up rather than down.

Do you avoid eye contact or fidget? Fidgeting and avoiding eye contact in an interview can be a turn off.

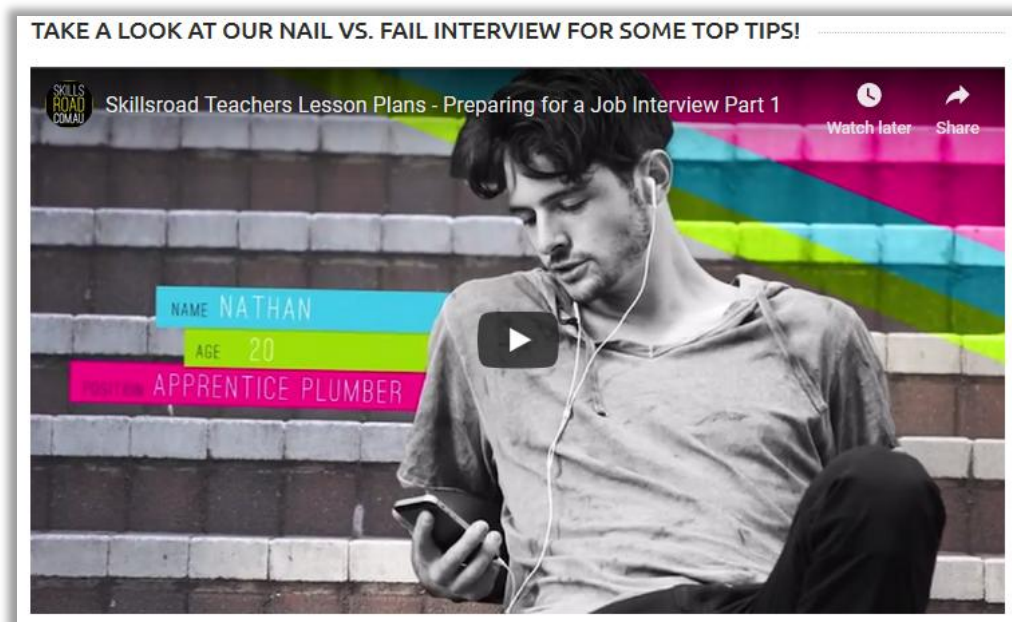
Practise for your interview in front of a mirror or with friends or family and ask for feedback on how you present and refinements you can make.

Presenting well means the employer won't be distracted or put off by how you look. Instead, they'll focus on what you have to say and show.

### Task 1.

Watch this Skillsroad video about an interview to view two different approaches. The first approach starts from 0 to 3.11minutes and the second approach from 6.24 minutes to 7.24 minutes.

<https://www.skillsroad.com.au/apply-for-jobs/preparing-for-interviews>



You can see from these parts of the video two completely different styles to the same interview. There are matters to do with dress (clothes), appearance (hair, tidiness) and mannerisms (actions, behaviour, way of talking) that you need to be aware of and to consider. See if you can write a checklist comparing the two approaches.

**Approach 1.**

Dress (clothes)

---

---

---

---

Appearance (hair, tidiness)

---

---

---

---

Mannerisms (actions, behaviour, way of talking)

---

---

---

---

**Approach 2.**

Dress (clothes)

---

---

---

---

Appearance (hair, tidiness)

---

---

---

---

Mannerisms (actions, behaviour, way of talking)

---

---

---

---

**Task 2:**

The Careers Adviser will bring in a bundle of magazines, newspapers or junk mail. They may also ask students to bring in similar material. You will also need scissors, glue and a sheet of cardboard for each group. The headings across the top of the cardboard is **Yes** and **No**.

Form small groups. Each group is to go through the magazines and find adults who are wearing suitable (Yes) and unsuitable (No) clothing for an interview. Cut these images out and form a collage. The group with the greatest total of images wins. Set a time limit of 15 minutes.

