

What to wear to your next interview

"It is not who you are that holds you back. It is who you think you are not." - Author unknown

You've come this far! Don't miss the chance to make a GREAT first impression. You don't have to wear a suit (unless the position calls for a suit), but the truth is this: the better you dress, the stronger the impression you'll deliver that you really want the job. When in doubt, dress up. If you know someone who works there, ask what management wears on daily basis.

Generally, a job interview calls for you to wear professional, or business, attire. For men, this might mean a suit jacket or dress pants with a shirt & tie. It might mean a sweater over a button-down ... or just a button down. If the company is REALLY casual, dress accordingly.

For women, the advice is very similar. A blouse and dress pants or a professional dress is appropriate. A suit always makes a great statement (again ... unless the company is REALLY casual). Avoid anything really bright or flashy (unless people at the company dress that way).

FOR VIDEO INTERVIEWS: What to wear on camera is a little different:

- No white tops (unless you have a jacket over it). The light bounces badly.
- Solid colors are best (avoid loud stripes or other loud patterns)
- Medium to dark colors are also good (as opposed to pastel)
- Nothing flashy (skip the blinking frog pin)
- Pants are not optional!
- Face powder works miracles for men and women to reduce the shine.
- IF YOU WEAR GLASSES, take them off when you first come on camera to say hello in the beginning. Then, if you need them to read, you can put them back on. If you have glare-proof glasses, maybe they will be able to see your eyes. This is one of those things you should test with a friend ahead of time.