Interviews: what to wear (or not)

General guidelines:

* Dress conservatively.
* Wear your clothing beforehand to make sure everything fits, works together, and you are comfortable in it.
* Do not use any sort of scented products—perfume, cologne, after shave, etc.
* Make sure clothing is completely ironed (no fudging by ironing shirt fronts only—you’ll get caught!) and is in good repair.
* Be sure your shoes are comfortable and you can walk in them for long periods.
* Be weather appropriate.
* TURN OFF CELL PHONES!

Men:

* Wear a suit (including jacket), dress shirt and tie. Colors should be conservative.
* Hair (and beard, if you have one) should be neatly trimmed. If no beard, be clean shaven.
* Socks should match your suit.
* Shoes should match the belt.
* Wear comfortable dress shoes.

Women:

* Wear a conservative suit—skirt or pants and a jacket.
* Don’t wear short or tight skirts. They tend to creep.
* No cleavage should ever show in any position. Neither should your underwear. Double check this by sitting down and leaning over and looking in the mirror. Cleavage and breasts are a huge distraction to interviewers of either gender.
* Wear pantyhose. Sorry.
* Jewelry, if any, should be conservative (small).
* Carry a small purse or attaché, no large purses.
* Avoid spike heels. Open toed-shoes are a no-no as well. You don’t need to wear clodhoppers, either.

Good advice in general:

If you are flying and haven’t flown for a while, be sure to check current TSA guidelines <http://www.tsa.gov/>) to assure that you don’t have to leave your shampoo at the security gate.

Carry on your luggage, if you can. Not only will it save you money with most airlines, but you are assured of arriving with what you need. Again, if you haven’t flown in a while, check specs to avoid unpleasant surprises.

Research parking—at airports, schools, and hotels. Check into shuttles. Allow extra time for scheduling, traffic, and other potential stressors.

Learn how to get to where your interview is located in advance.

Learn, in advance if you can, the interview format and who you’ll be interviewing with.

Write thank you notes to all appropriate people immediately after the interview. This can be a good airport task. Use conservative notecards. Proofread.

Don’t be afraid to ask questions. You’ll look foolish if you guess wrong.

Review your application before you interview.

Research the location, school, and program. Have a few questions prepared.

It’s ok if your parent(s) want to travel with you. However, they should not be present at, nor a part of your interview day.

Pack a small mending kit (and know how to use it), as well as a small stain stick.

PRACTICE! Schedule mock interviews. Contact the Preprofessional Health Advising office for names and contact information.

Eat breakfast the morning of your interview.

Remember that there is no down time in an interview situation—everything you do or say counts, even in social situations.