

How to Dress Professionally

<http://video.about.com/fashion/What-to-Wear-to-an-Interview.htm>

Men's Interview Attire

- Suit (solid color - navy or dark grey)
- Long sleeve shirt (white or coordinated with the suit)
- Belt
- Tie
- Dark socks, conservative leather shoes (be sure they're polished)
- Little or no jewelry
- Neat, professional hairstyle
- Limit the aftershave
- Neatly trimmed nails

Women's Interview Attire

- Suit (navy, black or dark grey, i.e., conservative)
- The suit skirt should be long enough so you can sit down comfortably
- Coordinated blouse
- Conservative shoes (closed toe and heel, no more than 2" ht.)
- Limited jewelry (no dangling earrings or arms full of bracelets)
- No jewelry is better than cheap jewelry
- Professional hairstyle
- Neutral pantyhose (yes, wear hose!)
- Light make-up and perfume
- Neatly manicured clean nails (neutral colors)

What Not to Wear on an Interview

- Flip-flops or sneakers
- Underwear (bras, bra straps, briefs, boxers, etc.) that is visible; don't wear any underwear that shows - even if your bra straps match your top. Match the color of bra to the top so it won't detract or show through the fabric. Interviewers show not be aware of your undergarments!
- Shorts
- Jeans
- Pants that are too low-rise or too tight
- Blouses that are too low-cut or too short - don't show your cleavage or your belly. Also, no short sleeves; no bare arms
- More on underwear and low-rise pants - make sure the top of your thong, if you wear one, doesn't show above your pants

What Not to Bring to the Interview

- Gum
- Cell phone
- Ipod
- Coffee or soda
- If you have lots of piercings, leave some of your rings at home (earrings only, is a good rule)
- Cover tattoos

Interview Attire Tips

- Before you even think about going on an interview, make sure you have appropriate interview attire and everything fits correctly.

- Get your clothes ready the night before, so you don't have to spend time getting them ready on the day of the interview.
- If your clothes are dry clean only, take them to the cleaners after an interview, so they are ready for next time.
- Polish your shoes.
- Bring a breath mint and use it before you enter the building.
- Stop in the rest room to clean any dust or mud from your shoes.

Interview Dining Tips:

- Are you really nervous? Check out the restaurant ahead of time. That way you'll know exactly what's on the menu, what you might want to order and where the rest rooms are located.
- Be polite. Remember to say "please" and "thank you" to your server as well as to your host.
- Is the table full of utensils? My British grandmother taught me an easy way to remember what to use when. Start at the outside and work your way in. Your salad fork will be on the far left side, your entree fork will be next to it. Your dessert spoon and fork will be above your plate.
- Liquids are on the right, solids on the left. For example, your water glass will be on the right and your bread plate will be on the left. ("d" -thumb on forefinger making a circle on the right hand; "b" - thumb and forefinger making a circle on the left hand.)
- Put your napkin on your lap once everyone is seated.
- Remember what your mother spent years telling you - keep your elbows off the table, sit up straight, and don't talk with your mouth full!

During the Meal:

- Don't order messy food - pasta with lots of sauce, chicken with bones, ribs, big sandwiches, and whole lobsters are all dangerous.
- Don't order the most expensive entree on the menu.
- Do order food that is easy to cut into bite-size pieces.
- The polite way to eat soup is to spoon it away from you. There's less chance of spilling in your lap that way too!
- Break your dinner roll into small pieces and eat it a piece at a time.
- If you need to leave the table, put your napkin on the seat or the arm of your chair.
- When you've finished eating, move your knife and fork to the "four o'clock" position so the server knows you're done.
- Remember to try and relax, listen, and participate in the conversation.

To Drink or Not to Drink:

- It's wise not to drink alcohol during an interview. Interviewing is tough enough without adding alcohol to the mix.

After the Meal:

- Put your napkin on the table next to your plate.
- Let the interviewers pick up the tab. The person who invited you will expect to pay both the bill and the tip.
- Remember to say "thank you." Consider also following-up with a thank you note which reiterates your interest in the medical school.

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