

# FROM BACKPACK TO BRIEFCASE

DRESS FOR SUCCESS

...to briefcase



From backpack...



# CLOTHING

## ▣ STYLE:

- >2 piece suit
  - Navy
  - Black
  - Charcoal Gray
- >Conservative
- >Crisp
- >Tailored-look



# CLOTHING

- BLOUSE  
COLOR:
  - > White
  - > Light color  
(pastel)



# CLOTHING –WOMEN'S

## ■ CUT/SIZE:

### > Petite Sizes

Women under 5'4" regardless of size are considered petite.

### > Tall Sizes

Women 5'8" and over regardless of size are considered tall.

### > Plus Sizes

Whether you are petite, average or tall, plus size usually refers to sizes 14 and up.

	X-Small		Small		Medium		Large	
<b>Size</b>	2	4	6	8	10	12	14	16
<i>Bust</i>	32	33	34	35	36	38	39	41
<i>Waist</i>	24	25	26	27	28	30	31	33
<i>Hips</i>	34 ½	35 ½	36 ½	37 ½	38 ½	40	41 ½	43

# CLOTHING – MEN'S

- CUT/SIZE:
  - > Blazer Sizing

Over Arm	Waist	Suit / Blazer Size	Up to 5'8"	5'8" to 6'	6' to 6'2"	6'2" to 6'5"
41 - 42"	28-29	35	Short	Regular		
42 - 43"	29-30	36	Short	Regular		
43 - 44"	30-31	37	Short	Regular		
44 - 45"	31-32	38	Short	Regular	Long	
45 - 46"	32-33	39	Short	Regular	Long	
46 - 47"	33-34	40	Short	Regular	Long	Extra Long
46 - 47"	36-38	40 Executive	Short	Regular		
47 - 48"	34-35	41	Short	Regular	Long	
48 - 49"	35-36	42	Short	Regular	Long	Extra Long
48 - 49"	38-40	42 Executive	Short	Regular		
49 - 50"	37-38	43	Short	Regular	Long	
50 - 51"	38-39	44	Short	Regular	Long	Extra Long
50 - 51"	40-42	44 Executive	Short	Regular		
51 - 53"	40-41	46	Short	Regular	Long	Extra Long
51 - 53"	42-44	46 Executive	Short	Regular	Long	
53 - 55"	42-44	48	Short	Regular	Long	Extra Long
53 - 55"	46-48	48 Executive	Short	Regular	Long	
55 - 57"	44-46	50	Short	Regular	Long	Extra Long
55 - 57"	48-50	50 Executive	Short	Regular	Long	
57 - 59"	46-48	52		Regular	Long	Extra Long
57 - 59"	50-52	52 Executive		Regular	Long	
59 - 61"	48-50	54		Regular	Long	Extra Long
59 - 61"	52-54	54 Executive		Regular	Long	
61 - 63"	50-54	56		Regular	Long	
61 - 63"	54-56	56 Executive		Regular	Long	
63 - 65"	52-54	58		Regular	Long	
63 - 65"	56-58	58 Executive		Regular	Long	
65 - 67"	54-56	60		Regular	Long	
65 - 67"	58-60	60 Executive		Regular	Long	

# CLOTHING –MEN'S

- CUT/SIZE:
  - > Dress Shirt Sizing

Neck Size	Sleeve-Length Availability			
14 1/2	32/33			
15	32/33	34/35		
15 1/2	32/33	34/35		
16	32/33	34/35	36/37	38/39
16 1/2	32/33	34/35	36/37	38/39
17	32/33	34/35	36/37	38/39
17 1/2	32/33	34/35	36/37	38/39
18	32/33	34/35	36/37	38/39
18 1/2		34/35	36/37	38/39
19		34/35	36/37	38/39
20		34/35	36/37	38/39
22		34/35	36/37	38/39

# ACCESSORIES

- JEWELRY:
  - > Earrings must be small, not distracting (multiple piercings discouraged)
- SHOES:
  - > Close-toed, low heel pumps
  - > Wear neutral hosiery
- NOTEBOOK
- PORTFOLIO
- SMALL PURSE





# ACCESSORIES

- ☐ Shoes/belt
- ☐ Ties
- ☐ No Jewelry
- ☐ Portfolio
- ☐ Notebook



# TIE KNOTS

☐ Four in Hand Knot



☐ Pratt Knot



☐ Half Windsor Knot



☐ Windsor Knot



SEE <http://www.tie-a-tie.net/> FOR HOW-TO VIDEOS

# HAIR AND MAKEUP

## ☐ HAIR:

- > Simply styled
- > Bangs should not cover eyebrows
- > Avoid hair styles which excessively cover the face.
- > Avoid spiked, gelled or unnaturally colored hairstyles
- > Avoid "messy" up-do's

## ☐ Makeup:

- > Be conservative (natural or neutral tones)
- > Light color lip gloss



# INTERVIEW DO'S

- Try on your interview outfit ahead of time
- Wear something that fits properly
- Have your outfit cleaned after each interview
- Polish your shoes and make sure they are in good condition

# INFLUENCERS



# INTERVIEW DON'T'S

- ❑ Don't forget to trim your nails
- ❑ Don't wear any low-cut, V-neck blouses
- ❑ Don't wear gaudy or chunky jewelry
- ❑ Don't wear heavy perfume or cologne
- ❑ Don't chew gum during interview
- ❑ Don't use your cell phone AT ALL

# SUMMARY



