



**Task Title: Dress Appropriately for an Interview**

OALCF Cover Sheet – Practitioner Copy

**Learner Name:** \_\_\_\_\_

**Date Started (m/d/yyyy):** \_\_\_\_\_

**Date Completed (m/d/yyyy):** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship   
Secondary School  Post Secondary  Independence

**Task Description:** Read to learn what type of clothing and accessories are appropriate for a job interview.

**Main Competency/Task Group/Level Indicator:**

- Find and Use Information/Read continuous text/A1.2
- Use Digital Technology/D.2

**Performance Descriptors:** See chart on last page

**Materials Required:**

- Computer with Internet access
- Pen/Pencil

Task Title: DressAppropriatelyforanInterview\_E\_A1.2\_D.2

## Learner Information

Most job seekers are required to participate in an interview with a prospective employer to determine their suitability for the job they applied for. How they present themselves at the interview could determine if they are seriously considered for the position – or not.

Read the document “Dress Appropriately for an Interview”.

## Dress Appropriately for an Interview

**You never get a second chance to make a first impression.**

How you conduct yourself, your interpersonal skills, and your ability to articulate intelligent and well-thought-out responses to questions are the most important elements of an interview. Whether or not you look professional or sloppy could play a huge role in whether you get hired.

Dressing for an interview is a presentation and should not be distracting. Never confuse an interview or business event with a social function. When going to an interview don't dress for a party or the way you would if you were going to a club.

Interviewers can decide in 10 seconds that they don't want to hire you, but it will take them longer to decide if they want to hire you. Dressing on the conservative side, assures you won't unintentionally disqualify yourself.

- Everything should be clean and wrinkle-free. Wrinkle-free shows an attention to detail.
- Check for hanging threads and tags.
- The cost does not have to bankrupt you. One outfit for several interviews is okay.
- Colours should be conservative, no flashing neon, loud or busy prints.
- Try to wear a good quality outfit that fits well.
- The **general rule** is that you dress one or two levels higher than the job you're seeking. If you were interviewing for a job as a mechanic, you wouldn't wear dirty overalls, even though that's how you would dress for that kind of work. You would go to the interview wearing an open-collar shirt, clean pants, and maybe a jacket.
- T-shirts for men are unacceptable.
- Some industries have very strict dress code requirements.
- Ask what type of dress code the company follows when you are setting up your interview.

Dressing appropriately for an interview is a show of respect for the interviewer and demonstrates that you understand that this is a professional meeting.

### **Grooming and Accessory Tips**

- Hair should be clean and neat
- Shoes should be polished and not scuffed
- Clothes should not be missing buttons, remove lint, hanging tags, or threads
- Clean fingernails
- Make sure you shave and keep facial hair to a minimum.
- Perfume or cologne should be used sparingly or not at all. Some companies have scent-free environments. Many people have allergies and sensitivities to scents.
- Don't smoke before your interview.
- Portfolios/Padfolios/Business Bags are a good idea. You can hold documents such as additional copies of your resume and paper for taking notes. No large briefcase.
- Backpacks and book bags are not appropriate for job interviews. These are for school.
- If it is important for you to dress the way you normally do, such as having numerous body piercings that's fine, but realize that you may not get the job.
- Don't wear over-the-top jewellery. You want the interviewer to pay attention to you, not your bling.
- Dress according to the season. A turtleneck sweater in the middle of the summer doesn't look appropriate.
- For women, don't overdo your makeup. Wear natural colors and avoid heavy eye shadow, eyeliner, and bright coloured lipstick.

Good Luck with your interview!

## Work Sheet

**Task 1: What do you never get a second chance to make?**

Answer:

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**Task 2: How quickly can an interviewer decide not to hire you?**

Answer:

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**Task 3: What is the general rule for dressing for an interview?**

Answer:

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**Task 4: Why is it best not to wear perfume or cologne?**

Answer:

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**Task 5: What type of shirts are not acceptable for men to wear to an interview?**

Answer:

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Task Title: DressAppropriatelyforanInterview\_E\_A1.2\_D.2

**Task 6: Use the "Search the NOC" field on the [Canadian National Occupational Classification](#) website to get more information about the occupations listed below. According to the occupation description, list the appropriate clothing and accessories you think you should wear to an interview.**

**A) Restaurant Host(NOC 64300):**

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**B) Nurse (NOC 32101):**

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**C) Welder (NOC 72106):**

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## Answers

### **Task 1: What do you never get a second chance to make?**

A first impression

### **Task 2: How quickly can an interviewer decide not to hire you?**

10 seconds

### **Task 3: What is the general rule for dressing for an interview?**

Dressing one or two levels above the normal company dress code

### **Task 4: Why is it best not to wear perfume or cologne?**

Some companies have scent-free environments, many people have allergies and sensitivities to scents

### **Task 5: What type of shirts are not acceptable for men to wear to an interview?**

T-shirts/No-collar shirts

### **Task 6: Use the "Search the NOC" field on the [Canadian National Occupational Classification](#) website to get more information about the occupations listed below. According to the occupation description, list the appropriate clothing and accessories you think you should wear to an interview.**

#### **A) Restaurant Host:**

- Suit - pants, or skirt
- Minimal jewellery
- High Heels
- Subtle Makeup

#### **B) Nurse:**

- Suit - pants, or skirt
- Minimal jewellery
- High Heels or flats
- Subtle Makeup

#### **C) Welder:**

- Clean and pressed casual pants and shirt
- Dress shoes

### Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	Scans text to locate information			
	Locates multiple pieces of information in simple texts			
	Makes low-level inferences			
	Follows the main events of descriptive, narrative, and informational texts			
D.2	Demonstrates a limited understanding of sequence			
	Locates and recognizes functions and commands			
	Makes low-level inferences to interpret icons and text			
	Begins to identify sources and evaluate information			

This task: Was successfully completed  Needs to be tried again



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Learner Comments:

Instructor (print):

Learner (print):

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### URLs

Canadian National Occupational Classification

- <https://noc.esdc.gc.ca/Home/Welcome/4d655901c5a8499d8af705bb2a3aee03?GoCTemplateCulture=en-CA>