

## Grooming Standards for the Interview

Prepare, Prepare, Prepare: The last thing you want to be doing is scrambling around the day of your interview. In the days leading up to your interview you should:

- Clean and press shirt, suit (pants and jacket.)
- Get a fresh haircut and maintain a clean shave or trimmed facial hair.
- Shower, brush your teeth and comb your hair.

It is likely that the first person you will interview with is a representative of Human Resources, regardless if you are interviewing for a field or technical position, following the above guidelines will help you make a great first impression and stand out as an excellent candidate.

Dress code. The interview is your opportunity to show that you are a highly qualified professional. The way you do that is by dressing the part as follows;

- Men- Wear a full, matching suit in traditional business colors (Grey, Dark Blue)
- Women- Suit w/Skirt or pants

If you're unsure of the appropriate dress code, you can always ask someone in HR, error on the side of conservative clothes, in conservative colors or wear military dress as a last resort.

- Avoid loud, flashy colors
- Avoid excessive cologne or perfume, it could cause an allergic reaction to your interviewer