

Your Appearance

You want your appearance to look professional and conservative - almost a nondescript background. You want to be remembered for your work and your words. Your performance should stand out, not your wardrobe. Too much distracts. You do not want to be remembered as the one with the biggest hair, the brightest neon, the most jewelry, shortest skirt or roughest hand.

Men:

- ❑ Clean your nails and use some hand lotion.
 - You will be shaking hands with many judges.
- ❑ Tuck in shirts- even in the lobby & hallways
- ❑ If there are belt loops - wear a belt
- ❑ Wear dark socks
 - Your socks, shoes and belt should be the same color
- ❑ When you sit down, unbutton the bottom button on your jacket.

Women:

- ❑ If you are wearing a skirt or dress, wear pantyhose.
- ❑ If you do your nails, French tips or soft colors look more professional
- ❑ More than two earrings per ear is distracting
- ❑ For hair, bigger is not better
- ❑ Keep necklines conservative; limit the lace and neon colors - think professional.

Both:

When choosing an outfit, including jewelry and hair try it all on in front of a mirror.

- ❑ How is your posture?
- ❑ Your smile?
- ❑ Lean forward a little, does your tie flap, your neckline shift?
- ❑ Do your earrings clank or jingle?
- ❑ Think conservative...