



PRESENTING YOURSELF IN INTERVIEWS

FOR MORE, VISIT
careers.humber.ca/resources

INTERVIEW PREPARATION RESOURCE

WHAT DO I WEAR TO AN INTERVIEW?

Remember that first impressions are everything - what you wear and how you present yourself is key to making yourself memorable in a positive way. Look to people in your industry for ideas!

Shirt / Blouse

Wear a tailored shirt, either long or short sleeve, that colour coordinates with the rest of your outfit. Accompany it with a blazer or sweater. Long sleeve button-up shirts should be buttoned to one button from the top - if you're wearing a tie, then button it up all the way.

Suits / Blazers

You can decide on whether a suit or blazer is appropriate depending on the position you are interviewing for and the industry you are in, but when in doubt wear a suit. Full two-piece matching suits are usually expected when interviewing for an entry-level position. As a less formal alternative, you can choose to wear pressed pants such as khakis and a dark jacket or blazer.

Pants / Skirts

Pants and skirts should be ironed and perfectly fitted (not too loose, not too tight). Knee-length skirts look trendy and professional. Make sure to pick a skirt that covers your thighs when seated.

Cosmetics

A little makeup can help to keep a polished appearance. Keep it neutral with subtle colours for lips and eyes. Keep your nails well-trimmed and clean and avoid bright colours if painting your nails. Avoid heavy perfumes and colognes.



RESOURCES

CAREER
RESOURCES
Humber Advising &
Career Services

FOR MORE, VISIT
careers.humber.ca/resources

Accessories

Avoid flashy jewelry and patterns that may be distracting. Keep it simple with a watch, earrings, and solid colour or textured tie (optional).

BUSINESS FORMAL

Stay on the conservative side with navy, dark grey, brown or black two-piece matching suits in solids or subtle patterns.

Choose a white or coloured shirt to match your suit, avoiding flashy trends.

BUSINESS CASUAL

Khaki and dark pants with simple shirts and sweaters are appropriate. Polo shirts are acceptable in casual situations.

Ties are not necessary, but when in doubt opt for more formal.