



Summer Interviews: 5 Tips on How to Wear Clothes without Letting Them See You Sweat

By Vicky Oliver

author of 301 Smart Answers To Tough Interview Questions.

Note to women: Interviews are not about your comfort. It's about the company's structure, and how well you'll fit in with the firm you're eager to join.

Because competition for jobs is greater than ever, escalating summer temperatures give interviewers a chance to check out applicants' common sense and their ability to judge what's appropriate. So, ladies, why blow it? You want to impress a prospective boss, not prove how self-expressive you are with clothing. And if the person asking you tough questions has been sitting in an air-conditioned office all day long, then you had better look like you've done the same thing, even if you're roasting.

When you arrive for your hot-weather interview full of professional moxie, here are five dressing tips that will get you through the heat.

1. Don't let them see you sweat. If it's pushing 100 degrees outside and you're going to have to walk a block or two to get to your interview, wear underarm shields so you don't show up at the office with giant rings under your arms. Have a tissue handy to dry your face, neck, and hands before you step into the elevator. Tuck a small can of baby powder in your briefcase, and arrive a few minutes early if need be to dust a bit of it around your neck, face, or anything that glistens. Showing up sweaty makes you look unkempt or extremely nervous.

2. Don't wear Birkenstocks or open-toed shoes. Footwear that exposes too much flesh shows disrespect for the corporate culture. You'll be perceived as a rebel, even before you become an employee. If you're a pedicure kind of gal, a bright turquoise polish reveals way too much about your possible predilection for non-conformity. And, if you're not given to proper toenail maintenance, then you just end up looking disheveled. That's not a good look for professional advancement. Save your sandals for the weekend.



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3. Don't overexpose yourself. The summer months all but beg us to wear skimpy tank tops, sheer blouses with a camisole underneath, or short, short hemlines. No one wants to see a glimpse of cleavage, errant bra straps, too much leg, too much arm muscle, or heaven forbid, your midriff. Dress as though you're visiting a very fashion-conscious monastery, run by a powerful abbot or abbess.

4. Don't flaunt your tattoos. Remember when your mother warned you that someday you'd regret getting that Pokemon tat on your neck where your future boss could see it? This advice is for those women who didn't listen. Wherever you have tattoos, whether it's on your arm or around your ankle, choose clothing that covers them. While you're at it, take out your nose ring. After you get the job and higher-ups learn you're a genius, then you'll be freer to reveal your personal adornments. (Unless you find yourself working in corporate monolith, in which case it's probably better to continue to hide them.)

5. Don't try to make a summertime fashion statement. As women, we know our trends. We devour fashion magazines like candy and conduct online fashion research into the wee hours. However, a job interview is not the time to show off that knowledge, even if Hawaiian shirts are hotter than Justin Bieber's newest haircut. Nor is it the right time for donning sunglasses or a baseball cap (either backwards or forwards) inside.

Young employees sometimes forget that they aren't on the campus quad anymore. This is why they refer to appropriate clothing choices as dressing up – as in upward career mobility.

Vicky Oliver is the author of five best-selling career development books:
301 Smart Answers To Tough Interview Questions; The Millionaire's Handbook;
301 Smart Answers To Tough Business Etiquette Questions; Power Sales Words;
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