Seven seconds – That’s how long it takes for the average hiring manager to form an impression of you. While you will want to spend the majority of your time preparing for the actual interview, be sure to plan what you will wear when you make that first impression.

As a communication student, you will encounter a wide variety of company cultures. Advertising, for example, typically has a less formal – but stylish – dress code while a more formal corporate communications job may lean toward conservative colors and traditional suits. Therefore, it is important to do some research ahead of time to determine appropriate dress. For examples of different kinds of business dress, see our infographic.

Look through the company’s social media to see if you can find pictures of employees in the office. Study what they’re wearing, then take the formality up one level. This strategy ensures you don’t look disrespectful, while still mirroring what the real employees dress like every day.

It is also perfectly acceptable to ask the recruiter what the dress code is. Caution – even if they say ripped jeans and a T-shirt are acceptable (we are talking to you, RTF!), you can’t wear the uniform until you are on the team, so step it up a bit until then.

In the end, use your best judgment, but err on the conservative side. Choose an outfit that makes you feel confident and comfortable (be sure you can walk in those heels!) and represents your personality. When you feel confident, you’ll project confidence in all that you say and do in the interview.

What does a confident candidate look like?

FACE
Conservative make-up
Piercings removed for interviews
Fresh breath
Smile!

HAIR
Well-groomed
Showered & clean

NAILS
Groomed

CLOTHES
Clean and pressed
Reflects the company culture
Comfortable
Limited jewelry and fragrance

Firm handshake
Proper posture
Eye contact
Positive attitude
Smile!