



Teen Leadership 20

Dressing for Success

Intended Audience:

- Teens

Lesson Objectives:

Participants will:

- Understand the importance of appropriate dress.
- Be able to describe appropriate and inappropriate clothing to wear.

Time: 20 minutes

Equipment and Supplies:

- Copies of the handout

Do Ahead:

- Review lesson.
- Gather Equipment and Supplies.
- Make copies of the handout.

BACKGROUND

First impressions are formed within 7 to 17 seconds of meeting someone. Therefore, a large part of someone's first impression of you will be based on your appearance.

WHAT TO DO

Activity:

- Break into small groups. Ask each group to discuss what is appropriate/not appropriate to wear for an interview using the attached picture page as a discussion piece.

TALK IT OVER

Reflect:

- After participants have had some time to discuss in small groups ask them to share with the larger group. Share tips for dressing for success during interviews with the participants.
- Potential Questions During Discussion:
 - Does what is acceptable and unacceptable depend upon the position? Would you wear something different to an interview to be a welder than you would to work in a bank?
 - Example – Having several visible tattoos (see photo page) during an interview might be acceptable if interviewing to work as a receptionist at a tattoo parlor, but not acceptable when interviewing to work at a bank.
 - Let's say you get the position. What do you wear while fulfilling your responsibilities? Are there things you shouldn't wear? If so, what?
- Tips for dressing for Success:
 - Be Professional
 - Select clothing appropriate for the position which you are interviewing
 - Be Conservative
 - Avoid tight fitting or revealing clothing
 - Consider the visibility of your piercings or tattoos



- Be Clean & Neat
 - Wrinkle free clothes
 - Clean, polished shoes
 - Good grooming: nails, hair, facial hair
- Be a Minimalist
 - Make Up
 - Jewelry
 - Cologne or perfume
- Additional information
 - Eliminate odors – cigarettes, cooking, pet, etc.
 - NO, NOs - Flip Flops, sneakers, jeans, t-shirts, slippers, pajamas, visible underwear or bra straps.
 - Better to over-dress than under-dress
 - Consider your appearance all the time. This includes, picking up applications, applying on-site, dropping off applications

Apply:

- Ask participants to think about a position they will be interviewing for in the near future (Junior Fair Board, Camp Counselor, scholarship, job). Ask them to discuss what they will wear to that interview.

Please take time to complete the Participant and Facilitator evaluations, found online at go.osu.edu/TeenLeadership20.

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Considerations for Conducting Virtually:

- As the facilitator, share the screen and utilize whiteboard, PowerPoint, and/or other interactive platforms that you can engage in to look at and determine appropriateness of clothing and accessory choices.
- Utilize breakout rooms to initiate small group discussions when posing the question, “What is appropriate to wear?”
 - Consider giving each group a specific occupation (construction worker, lawyer, astronaut, teacher, etc.) and have them determine what those individuals would wear to the job interview vs. what would be appropriate to wear day to day.



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