



WATCH Project



Building Pathways to a Brighter Future

Job Search Series



Watch the video:

www.csiu.org/watch

Select
Flipped Learning
from the menu.

Dressing and Presenting Yourself for Interviews

Career Coordinator Packet

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WATCH Core Mission

The **Work Attributes Toward Careers in Health** Project provides a variety of academic and social support services to income-eligible individuals in a ten-county region to enter or move up in a high-priority health care career. Meeting local health care industry needs, the program increases skills, provides critical services and moves participants toward self-sufficiency.

The WATCH Project assists students in preparing for careers as:

- Direct Care Workers (DCW)**
- Certified Nursing Assistants (CNA)**
- Licensed Practical Nurses (LPN)**
- Registered Nurses (RN)**
- Emergency Medical Technicians (EMT)**
- Paramedics (EMT-P)**
- Pharmacy Technicians**

A five-year Health Profession Opportunity Grant from the U.S. Department of Health & Human Services, the WATCH Project is administered by the Central Susquehanna Intermediate Unit.

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Dressing and Presenting Yourself for Interviews

Dressing and presenting yourself for a job is very important. Watch the video and list ways that can hurt or help you win that dream job.

Appearance consists of four areas:

1. Dress
2. Grooming
3. Hygiene
4. Behavior

List five things about appropriate dress:

1. Clothes should not be sloppy or too casual.
2. Clothes should not be tight.
3. Clothes should not be too big.
4. Clothes should be modest and not revealing.
5. Clothes should be clean.
6. Clothes should not be wrinkled.
7. Clothes should be appropriate for the season.
8. Shoes should not be clunky or the heels too high.
9. Handbags should be appropriate.

List two things about appropriate hair grooming:

1. Hair should be clean and dry.
2. Hair should be simple without wild color or style.

List two things about appropriate nail grooming:

1. Nails shouldn't be too long.
2. Nails should be clean with clear fingernail polish.

List three things about other appropriate grooming:

1. Stay away from smoke or smelly cooking.
2. Don't wear perfume or cologne.
3. Check your clothes for hair, lint or food.

List two things about appropriate make-up:

1. Keep make-up simple.
2. Avoid heavy eye shadow and eye liner.
3. Avoid bright colored lipstick.

Dressing and Presenting Yourself for Interviews

List two things about visible tattoos:

1. Cover tattoos with long sleeves.
2. Cover tattoos with make-up.

List two things about piercings:

1. Wear small earrings, one in each ear.
2. Remove facial piercings.

List three things regarding personal hygiene:

1. Bathe the day of your interview.
2. Wash and dry your hair.
3. Use deodorant.
4. Brush your teeth and use mouthwash.
5. Trim or shave facial hair.

List five things regarding inappropriate behavior during the interview:

1. Don't slouch in your seat.
2. Don't sit rigidly on the edge of your seat.
3. Don't fidget.
4. Don't crack your knuckles.
5. Don't tap your fingers.
6. Don't chew gum.
7. Don't bite your nails.
8. Don't yawn.
9. Don't swear.
10. Don't scratch.
11. Don't pass gas.
12. Don't burp.
13. Don't pick your nose.

List three things regarding appropriate behavior during the interview:

1. Shake hands with the interviewer upon meeting.
2. Have good eye contact.
3. Have good posture.
4. Smile.
5. Have confidence.

Fill in the blank:

Some impressions are formed in as little as seven seconds of meeting someone for the first time.