PHYSICAL

Dress for Success

Rationale

The way one dresses gives strong impressions about purpose, confidence, and the ability to succeed. By dressing to a particular standard for a job, one reflects a positive attitude, which strengthens positive behaviors. For example, people tend to act more professionally when dressed in slacks and a button-up shirt or a dress than they do in jeans and a T-shirt.

Objectives

1. Help the Deseret Industries associate research the dress code for his or her desired job.
2. Help the Deseret Industries associate find work-appropriate clothing.
3. Teach the Deseret Industries associate what it means to "dress for success."

Potential Discussion Items

- Assess what's appropriate about the Deseret Industries associate's appearance. What isn't appropriate and needs to change?
- Assess whether the clothing is modest. What changes does he or she need to make so it is more appropriate? Discuss this with the Deseret Industries associate.
- Ask the Deseret Industries associate if he or she has proper work clothing.
- Ask what the Deseret Industries associate has in his or her closet that can be mixed and matched to extend his or her basic wardrobe. Mixing and matching will also extend the life of the clothing. Basic, neutral color palettes make good staple pieces.
- Share best practices or tips with the Deseret Industries associate from your own experience.
- Utilize handouts and videos for visual learning.

Suggested Resources

- Dress and appearance standards from For the Strength of Youth: http://www.lds.org/youth/for-the-strength-of-youth/dress-and-appearance?lang=eng.
- "How to Dress for an Interview": http://jobsearch.about.com/od/interviewattire/a/interviewdress.htm.
- LDS Employment Resource Services link: https://www.ldsjobs.org/ers/ct/articles/dressing-for-success?lang=eng.
- List of dress codes, from manufacturing to casual to formal with picture galleries: http://humanresources.about.com/od/glossaryd/g/work_dress_code.htm.
- Understanding dress codes: http://www.cnn.com/2005/US/Careers/08/18/dress.code/index.html.
- "What Not to Wear on an Interview": http://jobsearch.about.com/od/interviewattire/a/interviewnot.htm.
- "Lose the 'Frump Factor,' Win the Job": http://info.theladders.com/your-job-search/look-style-interview-wardrobe?et_id=4253255442.

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