



Basic Interview Tips

What NOT to do!
Don't wear miniskirts, shorts and jeans
Don't wear underwear that is visible such as bra straps, bras and boxers
Don't wear shirts that are low-cut
Don't wear trousers that are too tight or which look like they are falling off!
Don't wear tops that are too short...no one want to see your belly during an interview!
Do not wear excessive amounts of jewellery and take out any piercings you might have
Don't put on a strong perfume or cologne
Don't wear heavy make-up
Do not chew gum during the interview; for fresh breath, take a mint just before.
Don't sit until the interviewer offers you a chair and / or seats him/herself first.
If you are a smoker, try not to smoke just before the interview and take a mint for fresh breath

Here are some tips on what to wear and how to present yourself...

What to DO!
Make sure you have appropriate interview attire and that everything fits well; prepare your clothes the day before so you will have at least one thing off your mind!
Make sure you arrive at least 5 to 10 minutes early!
Make sure your nails are clean (both males & females) and neatly trimmed (for males)
Arrange your hair in a neat hairstyle
Use deodorant and brush your teeth (well, this should be done every day, but during an interview it is even more important!)
If there is more than one interviewer, try to keep eye contact with all of them