PROFESSIONAL DRESS GUIDELINES



Dr. Raedene Copeland "Life after College Week"

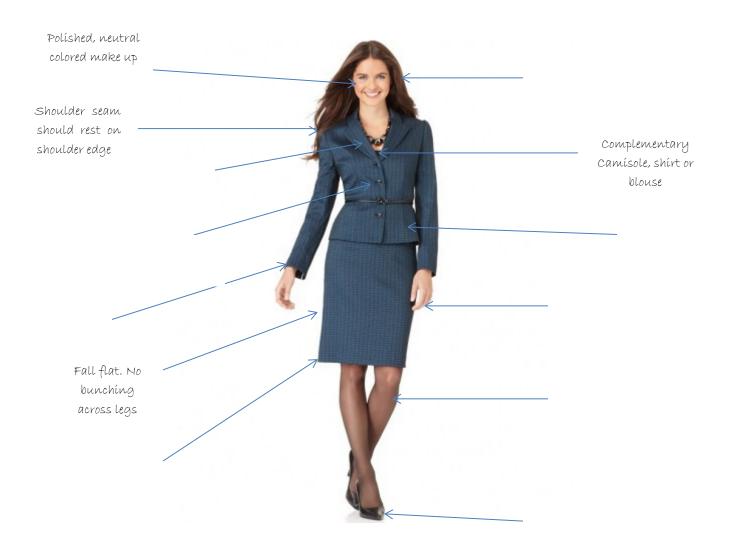


Professional Dress Male (Guide)

Please note:

- 1. This is the highest standard for professional dress (e.g. vest not necessary).
- 2. Basic standard professional dress includes a pants, shirt, tie and jacket (varies with corporate culture)

Professional Dress Female (Guide)



Please note:

- 1. Pants for women follow the same rules as men and should not fit too tight
- 2. You should have no visible undergarment lines
- 3. While this suit has a belt, suits vary with design.
- 4. Always do a sít test for your skirt to ensure that it is max 2 inches above your knee
- 5. Business casual could be created using separates and sometimes no jacket

Business Casual Options



Most work envíronments may prefer covered arms so wear a cardígan or jacket

Sources: http://bananarepublic.gap.com http://shop.nordstrom.com Business casual on average would be chinos and a shirt. Variations depend on corporate culture



Sources:

www.esquire.com

Use Color to Your Advantage

COLOR	MEANING
Black	Power, wealth, authority, <i>if used in excess</i> - intimidating, unfriendly.
White	Creativity, efficiency, simplicity, fairness, order, reverence
Blue	Safest color, honesty, trust, dependability, <i>also</i> depression
Gray	Neutral, conservative, security, reliability, intelligence
Red	Bold, high energy, strength, call to action, <i>also</i> aggression
Brown	Strong, reassuring, comforting, reliable, endurance
Indigo	Powerful, strength, integrity, sincerity, structure
Pink	Compassion, nurturing, non-threatening, feminine color
Purple	Royalty, wealth, quality, fantasy, creativity
Gold	Value, luxury, prestige, wisdom, beauty, generosity
Orange	Adventure, inspires enthusiasm, optimism, sociable, affordability
Magenta	Practical, spiritual, compassionate, kind, balance, common sense
Silver	Modern, sophistication, calming, uplifting, mystery
Yellow	Uplifting, analytical, clarity <i>also</i> dishonesty, cowardice
Green	Nature, money, health, healing, compassion, balance
Turquoise	Balances, rejuvenates, inspires good communication, self-expression, feminine color

Sources:

http://www.incredibleart.org/lessons/middle/color2.htm

http://www.empower-yourself-with-color-psychology.com/color-meanings-in-business.html

Budget Resources:

- 1. Ross
- 2. TJ Maxx (in store/online)
- 3. Target
- 4. Marshalls
- 5. Kohl's
- 6. 6pm.com
- 7. Overstock.com
- 8. Consignment stores

If you wish to shop in regular priced department stores you should strategically shop when there are discounts, semi-annual sales, and look for coupons. It is also a great idea to focus your requests for Birthday or Christmas gifts on gift cards or shopping trips for professional dress items.