



**STRATHCONA COUNTY**

-

**YOUTH EMPLOYMENT  
SERIES**

**WHAT TO WEAR TO AN  
INTERVIEW**

**SEPTEMBER  
27 & 29, 2022**

**TKG**



**THE KARTR  
GROUP**

[www.thekartgroup.ca](http://www.thekartgroup.ca)



# Hi

## I'm Kristen

For the last 14 years, I've been working in Human Resources (Oil & Gas, Retail, etc), but my true passion is providing individuals (with a focus on helping GenZs) with practical tools; whether that's finding a job or deciding what post-secondary program to apply to. I'm here to help bring clarity amidst confusion.



# CONTENTS



**WHY DOES WHAT YOU WEAR  
MATTER ANYWAY?**



**CONSIDER THE COMPANY**



**DECISIONS, DECISIONS, DECISIONS...**



**GET IN TOUCH**



# 01

**WHY DOES WHAT  
YOU WEAR MATTER  
ANYWAY?**

# **1. IT COMMUNICATES (NON-VERBALLY) THAT YOU ARE SERIOUS ABOUT GETTING A JOB**

## **NOTES:**

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# DID YOU KNOW...

## NOTES:

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## **2. IT SHOWS THAT YOU ARE RESPECTFUL (OF THE OTHER PERSON & YOU VALUE YOURSELF)**

### **NOTES:**

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### 3. IT SHOWS THAT YOU HAVE AN UNDERSTANDING OF THE COMPANY'S CULTURE/WORK ENVIRONMENT

#### NOTES:

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# 02

## CONSIDER THE COMPANY



**WHEN YOU CONSIDER THE COMPANY...WHAT ARE SOME THINGS YOU CAN DO TO LEARN ABOUT THEM IN ORDER TO DETERMINE WHAT TO WEAR?**

**NOTES:**

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**03**

**DECISIONS,  
DECISIONS,  
DECISIONS...**



# WHAT WOULD YOU WEAR TO AN INTERVIEW BASED ON EACH INDUSTRY?

## FOOD



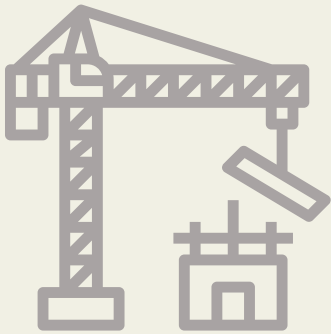
## RETAIL



## OFFICE



## CONSTRUCTION



## VIDEO GAME STORE



## NOTES:

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WHEN YOU ARE MAKING A DECISION OF  
WHAT TO WEAR...

**WEAR A  
SMILE**



**KEEP IT  
SIMPLE**

**NOTES:**

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# REMEMBER...

- **Your outfit shouldn't distract the person you are speaking with - \*the more formal the job, the more formal the clothing**
- **You want to feel comfortable, but not TOO comfortable (NO baseball caps, hats, sweat pants, yoga pants, etc)**
- **Your outfit should be clean (no holes, rips etc unless you're being considered for a fashion company and you know that's what people wear...use CAUTION!)**
- **Keep jewelry simple**
- **Make sure your footwear is appropriate**

## NOTES:

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# 5-DAY WARDROBE CHALLENGE

**01**  
THINK OF WHERE YOU'D LIKE TO APPLY FOR A JOB

**02**  
LOOK THROUGH YOUR CLOSET AND PICK OUT 3 - 4  
POSSIBLE OUTFITS

**03**  
PICK YOUR FOOTWEAR

**04**  
ASK YOUR FRIENDS AND FAMILY FOR FEEDBACK

**05**  
LOOK TO SEE THAT EACH ITEM IS CLEAN, IRONED, NO RIPS, ETC...

**\*YOU HAVE JUST REMOVED SOME POTENTIAL  
STRESS! WELL DONE!**





# WHAT TO WEAR TO AN INTERVIEW QUIZ

## Question 1

When deciding on what to wear for a job interview, what's important to remember?

- a) Always wear your favorite hat
- b) Smile
- c) Keep Your Outfit Simple & Comfortable
- d) Your Outfit Should NOT Be Distracting
- e) For sure b, c, & d

## Question 2

Why does it matter what you wear to an interview?

- a) Shows you have great fashion sense
- b) It shows you are respectful of the other person
- c) It demonstrates that you understand the company's culture/work environment
- d) It non-verbally communicates that you're serious about getting a job.

## Question 3

What's the shortest amount of time a person will make a first impression?

- a) 1 hour
- b) 15 mins
- c) 1/10 second
- d) 45 seconds

## Question 4

True or False - it's okay to look like you've rolled out of bed for an interview?

True  
or  
False





IF YOU WOULD LIKE MORE  
INFORMATION...

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*THE KARTR EFFECT...GETTING YOU WHERE YOU  
NEED TO BE ON YOUR CAREER JOURNEY...*





**THANK  
YOU!**

  
*Kristen*

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