



Two **BIG** reasons why you should dress professionally for a job interview.

Have you ever watched little kids in their costumes on Halloween night? Kids wearing super-hero outfits, princess dresses, and monster masks actually behave as if they were those characters.

Apparently, getting dressed-up also works for adults.

Researchers found that what you wear does have an affect on your psyche.

In 2012, researchers Hajo Adam and Alan Galinsky of Northwestern University recruited a random group of students for a test. Half the students were assigned to wear white lab coats for the test. The other half wore just regular street clothes.

The students were then given a test to see how well they could spot incongruities (conflicts), like when the word “red” appears on a blue background. Turns out, those who wore the lab coats

acted like scientists. They were more careful and attentive. They made only half as many errors as those who wore regular street clothes.

So, the next time you go for a job interview, dress in the clothes you would wear on the job, you’ll feel and act more professional.

Does what you wear affect what a hiring manager thinks?

True story: Chris worked as a waiter at a mid-size restaurant just outside of Boston. He loved the work and he was very good at it.

One day, his friend Ellen called to let him know that there was a job opening at the restaurant where she worked.

This restaurant was a famous, upscale Boston eatery.

Ellen asked if he would like to interview for that job. Chris said, “Yes.” This could be a big career move for him.

Three days later, when Chris showed up for his job interview, he was dressed totally in black—black sox, black shoes, black pants, and a black shirt.

“I felt so confident during that interview,” Chris explained. “I knew my stuff and a good friend had recommended me for the job. Plus, the hiring manager noticed that I came fully dressed as one of their wait staff. She said, ‘You look and act like you belong here.’”

“I got the job,” Chris continued, “and an hour after the interview, I started training in the dining room.”

Dressing in the clothes of your profession could not only boost your confidence, it could also affect how the hiring manager sees you.

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