

Dress for Success!



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Why is professional dress important?

Professional dress is a life skill you can learn through FBLA. When you interview for a job you must know how to dress for success. Image means a lot in today's society.

What does the Nebraska handbook say about the Dress Code?

The dress code is on page 3-3 in the handbook. It says:

Dress at the Nebraska FBLA State Leadership Conference (and other conferences) must be business attire. Appropriate FBLA-PBL attire is required for all attendees - advisers, members, and guests - at all general sessions, competitive events, regional meetings, workshops, and other activities unless otherwise stated in the conference program. Conference name tags are part of the dress code and must be worn at all times.

Males - Required Attire

- Dress-collared shirt with necktie
- Dress slacks
- Dress shoes and dress socks
- Men's business suit (optional)
- Men's business sport coat or sweater (optional)



Females - Required Attire

- Business suit or
- Business pantsuit (pants accompanied by a coordinated jacket) or
- Business dress or
- Skirt and blouse or
- Dress slacks and blouse
- Dress shoes and hosiery
- Hemlines should be no more than two inches above the knee

Inappropriate attire includes:

- Visible body piercing, other than ears
- Denim clothing of any kind
- Overalls, shorts, stretch pants, athletic wear, exercise or bike shorts
- Backless, see-through, tight-fitting, spaghetti-strap, low-cut blouses/tops/dresses, or tops not reaching the beltline. No skin should be visible at the mid-section.
- Sun dresses
- T-shirts, lycra, spandex, midriff tops, tank tops, tube tops, bathing suits
- Athletic shoes, industrial work shoes, hiking boots, flip-flops, bare feet, or over-the-knee boots
- Hats/caps
- Visible undergarments



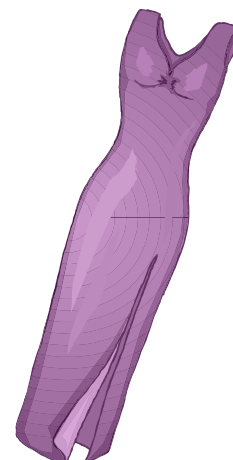
Also note:

New fashion trends may be in style but not necessarily appropriate. The best way to operate is to avoid walking the line. If there is doubt, select something else to wear. Be a professional.

Decent walking shorts (no blue denim), appropriate T-shirts, and tennis shoes are permissible attire for the dance and after 9:30 p.m. on Thursday. Blue jeans may be worn to the dance provided students contribute a \$1 donation to the fundraising activity designated by the Board of Directors. See the Dress Code Inappropriate Items list above for clothing items not appropriate for the dance.

Throughout the conference, students en route to the swimming pool must have an appropriate cover-up when walking from their room to the pool area. A towel is not an appropriate cover-up!

Semiformal, formal, or FBLA-PBL business attire should be worn to the awards program.

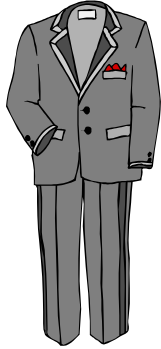


Basic tips for dressing for success outside of FBLA

Wardrobe Coordination for Men

Fabrics

- Natural fabrics or synthetic blends which appear close to natural (examples are polyester/wool, polyester/cotton)
- Colors should compliment your skin and hair coloring



Suits

- Classic styling is best
- Lapel width should be moderate (3 1/8" to 3 1/2")
- Bottom of jacket should cover the posterior
- Jacket sleeve should be no lower than the joint between the wrist and the hand

Blazers

- Navy blue blazers are standard business attire
- Camel color tests second best



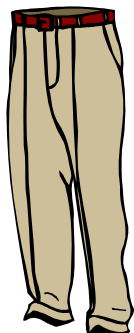
Shirts

- Standard button down collar
- Standard free collar (collar must lie flat) with collar pin
- Wear long sleeve shirts (even in the summer)
- If an undershirt is worn, it should be a V-neck
- Even permanent press shirts probably need some ironing to look sharp
- Shirt cuffs should extend 1/4" to 1/2" below the jacket sleeve
- White shirts test best and also coordinate with everything
- Shirt collar should be 1/4" to 1/2" above the collar of the suit



Ties

- Should have the color of the suit/blazer, slacks, and shirt in them
- NEVER wear a clip-on or bow tie
- Tie point should touch the top of the belt buckle
- Salesclerks should be consulted for advice on color coordination



Slacks

- Belted, always; belt should be small, clean with traditional buckle (squared lines)
- Belt should match shoes
- Waist should be at midriff, not below
- Trousers hem should touch the top of the shoes

Wardrobe Coordination for Men continued

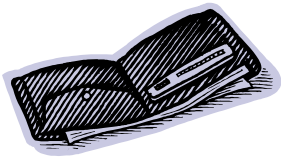
Shoes, Socks

- Shoes should always be polished. Polish should match shoe color (black or navy blue are best)
- Socks should be over the calf or mid-calf (no leg should show even with crossed legs)
- Brown shoes - wear with brown or camel socks
- Black shoes - wear with black, navy, or gray socks
- Cordovan - matches well with most colors



Accessories

- Attaché, wallet, luggage, or umbrella should be in dark, neutral colors
- Cologne should be very light or not worn at all
- Golden pen and pencil set is distinctive, sharp business look
- Wear little or no jewelry
- Bulging pockets are terrible (keep the wallet thin and hidden)



Blazers are an asset to any wardrobe. It enables you to mix and match, to dress up or to dress more casually. A blazer is a separate piece of apparel that is meant to be coordinated with other separates.

FBLA uses the navy blazer as the official blazer color for uniforms. Navy blue is a very versatile color and is one of the most popular clothing colors for every season in every climate. In business wardrobes, navy blue is not only common, but recommended. It projects a professional and confident image.

In General

A coordinated outfit that is clean and well pressed, combined with a confident smile is perfect!



Basic tips for dressing for success outside of FBLA

Wardrobe Coordination for Women

Fabrics

- Natural fabrics or synthetic blends which appear close to natural (examples are polyester/wool, polyester/cotton)
- Colors should compliment your skin and hair coloring

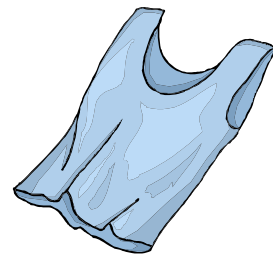


Suits

- Solids test very well
- Women's suits may have more color than men's suits
- Positive colors include:
 - Black
 - Gray
 - Medium range blue
 - Navy
 - Dark brown
 - Beige
 - Camel
 - Red
 - Deep maroon
 - Deep rust
- Conservative but feminine appearance is a must

Blouses

- Fabric should be cotton or silk or similar appearing synthetic
- Should be simply cut with no frills or lace
- Should appear feminine but conservative
- White blouses test best; solid colors are preferable to multi-colored or patterned



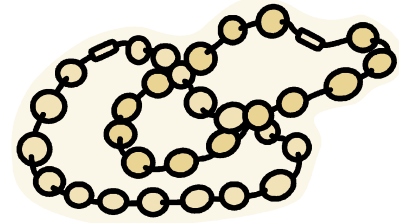
Dresses

- Colors should be the same as those listed for suits
- Should be belted
- Dresses with a jacket are very effective
- Clinging, shiny, or noisy fabrics are out!
- Backless, see-through, tight-fitting, spaghetti-strap, and sun dresses are not appropriate business attire.

Wardrobe Coordination for Women continued

Accessories

- Belts should be clean with a traditional buckle with square lines
- Scarves, ties will set off an outfit beautifully
- Simple gold or pearl jewelry is approved for business
- Attaché, wallet, luggage, or umbrella should be in dark, neutral colors
- Cologne should be very light or not worn at all
- Golden pen and pencil set is distinctive, sharp business look

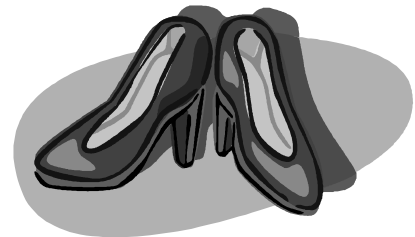


Hose

- Should be skin tone or match the darkness of the skirt, but not black
- Runs in stockings will destroy the entire effect of a business-like appearance

Shoes

- Classic pumps or single pumps in dark colors with closed toe and heel
- Blue, black, deep brown, or gray test the best



In General

A coordinated outfit that is clean and well pressed, combined with a confident smile is gorgeous!

Quotes

You never get a second chance to make a first impression.

–*Anonymous*

We act the way we dress. Neglected and untidy clothes reflect a neglected and untidy mind.

–*Anonymous*

They expect a professional presentation, so they expect to see a "professional." Dress appropriately for the occasion, but don't be one of the crowd.

–*Wess Roberts*

So dress and conduct yourself so that people who have been in your company will not recall what you had on.

–*John Newton*

Sometimes one creates a dynamic impression by saying something, and sometimes one creates as significant an impression by remaining silent.

–*Dalai Lama*

Angela's Tips

You can not be fashionable in business attire unless you dress professionally at all times. Classic is always in style.

Dress professionally. The clothing does not change who you are, but rather it makes you more confident so your talents may shine through.



Information obtained from:
Nebraska FBLA Handbook
State Officer Handbook