

INTERVIEWS: WHAT TO EXPECT AND WHAT TO WEAR



Included this Month

- Career Coach Tips and Quotes
- Upcoming Events
- Interviews: What to Expect
- Interviews: What to Wear

We have had a great semester with you all, and are happy to be offering our services. Don't forget to visit or contact us if you need any help. We offer services for our alumni as well!

Wayne's Wisdom

"What you wear matters! Dressing professionally helps you feel confident and shows employers you're serious about the opportunity. When you look good, you feel good, and that confidence speaks louder than words. So take a deep breath, put your best foot (and outfit) forward, and go make that great first impression!"



Don't meet us there, but beat us there!

Jolee's Journal



Physical Therapy Career Fair

November 7th, 2025 - 9:30am - 12:30pm
Downing Student Union 3rd Floor

Nursing Recruitment Fair

November 14th, 2025 - 1:00pm - 3:00pm
WKU MedCenter Complex

Professional Headshots Day

November 21st 2025 - 9:00am - 3:30pm
DSU Suite 2001



“Interviews are about more than just answering questions. They’re your chance to showcase your personality, skills, and potential. The key is preparation: know your strengths, research the company, and be ready to share examples of how you’ve grown through your experiences.”

Brian’s Bulletin

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Interviews: What to Expect

Interviews can feel overwhelming, but preparation helps you show up with confidence. Think of it as a conversation: the employer learns about you, and you learn about them.

Before the Interview: Research the organization, review the job description, and practice answering common and behavioral questions (like “Tell me about a time you overcame a challenge”). Prepare a few thoughtful questions to ask your interviewer.

Day Of: Arrive early, bring copies of your resume, and dress professionally. Be ready for different formats — in-person, panel, phone, or virtual.

During: Use real examples (the STAR method works well) to connect your experiences to the role. Listen carefully, answer honestly, and engage with your interviewer.

After: Send a thank-you email within 24 hours, restate your interest, and reflect on what went well.

Common Questions:

- Tell me about yourself.
- Why are you interested in this role?
- What are your strengths and weaknesses?
- Describe a time you handled conflict or pressure.



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Interviews: What to Wear ✨ ✨



Holly's Hints

"First impressions matter, and the way you present yourself in an interview can set the tone for your conversation. Dressing professionally not only shows respect for the opportunity but also gives you confidence walking into the room."



For Men:

- A solid color suit in charcoal gray or navy is best.
- Shirts & Ties: Pair with a long-sleeved, white or light blue shirt and a conservative tie.
- Shoes: Dark, polished dress shoes with matching socks.
- Details: Keep accessories minimal and facial hair neatly groomed.

For Women:

- A matching two-piece suit with a skirt or pants in neutral tones like black, navy, or gray.
- Tops: Conservative blouse or shirt that complements the suit.
- Shoes: Closed-toe, low-heeled pumps in a neutral color.
- Details: Keep jewelry simple, nails neat, and makeup natural.



Final Tip: Whether you choose a suit or other professional attire, the key is to look polished and intentional. Employers want to see that you've put thought and effort into how you present yourself, it reflects how you'll represent their organization.