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Transcripción
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Escuelas Oficiales de Idiomas de Ceuta y Melilla

TRANSCRIPCIÓN DE LA GRABACIÓN DE LA TAREA 1

Oh, hi, I'm Matt. And today I want to help you feel confident and ready for your job interview. So let's answer the question, What should I wear to a job interview? The first and easiest answer to this question is well it depends. It depends on the people interviewing you, so you need to do your homework. It's best practice to match your outfit to the organization you're interviewing with. So, before you go in find out what their dress code is. You could search their website, talk with a friend that works there, or just ask the recruiter working with you. If they're just casual, dress casual, business casual, business casual, business professional, you get the idea.

Research shows people are more comfortable when you are dressed alike. Plus it's a lot easier for interviewers to visualize you working there if you... well... look like you work there.

So, what exactly are the different dress code types? Let's break them down. As a general rule of thumb, business professional means suits or blazer and dress pants, buttoned down shirts, ties, pant suits or skirts and nice shoes. Business casual usually means dress slacks, chinos or khakis, tucked in buttoned down or polo shirts, blouse and dress pants, or a skirt, or maybe a conservative dress and scuff free shoes. When dressing casually for an interview, you can't go wrong with collared shirts, conservative pants, maybe even a comfortable dress and shoes without too much wear and tear. If you are ever in doubt, err on the side of overdressing. This may be less than ideal but overdressing can give the impression that you really care and that's usually a good thing. Let's take a minute now to discuss dos and don'ts.

Above all else, do dress well. Always wear your best outfits. Research shows that well-dressed employees are more trusted and appear more confident and successful. But also, be comfortable. Dressing comfortably reduces stress. So even if you need to wear business professional clothes for an interview, be sure you are true to yourself and comfortable.

Being uncomfortable is going to increase your stress levels and that's not going to do you any favors. Are you ok?

Along a similar vein, wear clothes that fit your body well. If you wear clothes that don't fit well, again, it will show. Hopefully, this goes without saying but make sure you and your clothes are clean. Always appear well groomed, freshly bathed and germ free. You want to look sharp, not smell sharp. Good hygiene is expected. Poor hygiene is a distraction and leaves a bad impression.

<https://www.youtube.com/watch?v=YzqFqzpUm6M>