

The fashion files: How to dress for success

By JANELLE HOWELL
STAFF WRITER
JLH5470@PSU.EDU

Getting ready to graduate? Not sure about the proper attire to wear to an interview or internship? Well, it's time to search through the closet and toss out the frayed jeans and low cut tees. Those hip-hugging jeans may have been the perfect choice for cruising the mall, but they will not cut it for the professional world. In fact, for young, up and coming professionals, choosing the right clothing can either make or break you.

According to a CareerBuilder.com survey, "41 percent of employers said that people who dress better or more professionally tend to be promoted more often than others in their organization."

Want to get a leg up on the competition? Careerbuilder.com suggests the following tips for men and women:

Men

Wear a suit with a tie. Do not wear a tie with jeans or combat trousers. Do not even try it!

Do not wear baggy pants and shorts. Make sure your pants are tailored and in good condition.

Maintain formal structure in your suits. Don't mix and match various prints. Keep it neutral, keep it simple.

Keep your shoes polished at all times. As they say, cleanliness is next to godliness.



Photo courtesy of macys.com

Women

Keep the heels low. Ladies, this one is tough but you can do it!

Makeup should be applied naturally and minimally. Keep it light and you will be all right. Be sure to check your face periodically for any streaks or smudges!

Avoid tight clothing and pay attention to hemlines. No short skirts, please.

Focus on the accessories. Do not overdo it – a simple bracelet, necklace and watch is plenty.

As you transition from college into the real world, it is important to dress for the environment and leave the trendy clothing at home. Also, do not forget to pay attention to the little things. Keep your perfume light so you do not overpower your colleagues and make sure your hair is neatly done and nails manicured. If you are ever in doubt, check with the company's Human Resources department and ask for a copy of the dress code policy. Never assume!



Photo courtesy of macys.com

The way you present yourself and dress is your visual business card to the world, an opportunity to "market" yourself as a serious and professional individual who is conscientious of his or her job and appearance.

Also, before you walk out the door, be sure to do a clothing evaluation and ask yourself a few simple questions such as:

Do I look professional? Or do

I look like I just came from the club and rolled out of bed?

Is my outfit spotless, pressed, and properly fitted?

Do I own the appropriate clothing for my industry? If not, do I have a pair of classic black pants, and a tailored blue suit to wear, instead? Button down shirts and dark shoes?

Even when you are not at your job, your demeanor and attire is a reflection of the company so be sure to conduct yourself in a sophisticated manner when out in public. In the end, professionalism and maturity are two very important fashion do's that will always be in style.

Lastly, always update your wardrobe and keep a positive smile on your face – the ultimate accessory for the work place.

For additional information regarding career attire, contact Career Services at 717-948-6260 or www.hbg.psu.edu/careers to help you look your best at your next internship or interview!

BOWMAN: Sharing a passion for math

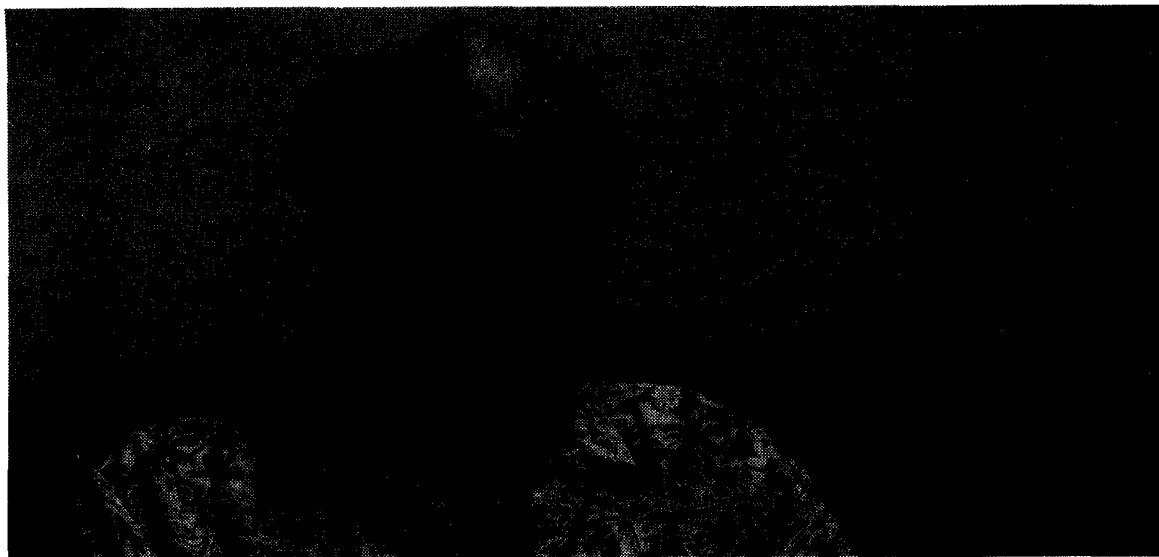


Photo by DIANA LE / The Capital Times

Continued from page 13

Boman said he is in the process of becoming a math historian. He believes that the "history of mathematics is the history of knowledge, essentially, because math came before literature," he said.

Boman studied at Reed College in Portland, Ore and University of Connecticut, where he received all three of his mathematics degrees.

Boman's favorite...

1. Achievement: Guiding his student to figuring out a math problem that resulted in his student receiving an award for an article he wrote called "Mom! There's an asteroid in my closet!"
2. Food: All. "What food is there that I don't like?!" Boman said. Indian food is good, too he said.
3. Drink: Good beer.
4. Dessert: Ice cream.
5. Music: Favorite group is The Beatles
6. Season: Fall because of the changing colors and cool weather
7. Holiday: Thanksgiving because of the food. He thinks he could cook, but his wife would probably argue otherwise, he said.
8. Traveled spot: Zion Canyon in Southern Utah

Survey: text messages play significant role in relationships; students agree

By FLORENCE MOOSER
STAFF WRITER
FAM5047@PSU.EDU

What role do text messages play in today's relationships? Do they hurt or help relationships? A new AT&T survey, released Oct. 8, gives some numbers to figure it all out.

Many relationships start with those cute, flirty text messages and the numbers seem to prove it: the survey stated that 67 percent of texters use text messaging to flirt.

Lei Lei, a finance student, said, "It's fun to flirt by text messaging! I love it."

Once the relationship is official, couples enjoy text messages for their practicality, though they prefer to call. The survey stated that 40 percent of texters in a relationship think texting has an important role in their relationship.

Natalie Deriu, a marketing student, said text messages allow her to keep in touch with her boyfriend when he is at work.

And what about the break-up? We all know it's hard enough to hear the dreaded words "It's been fun, but ..." However, it's even worse to see those words in a text. But fortunately, the survey states that only six percent have been broken up through a text message.

For freshman Deven Spitler, breaking up through texting is "for cowards."

Overall, despite all its advantages, students still prefer the old-fashioned phone call to the text message.

It's more personal and, according to Monica Saade, a communications student, "texting isn't enough to keep a relationship alive."