

# Presentation Notes

## Selection and Care of Clothing: Part I

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The purpose of an interview is to have a formal meeting between an employer and job applicant.

You will be judged by the first impression you make so be prepared.

When you complete a job application with a company, be prepared for the interview. Some companies might want to interview you immediately, while others might need a few days or even a few weeks to look over all the applicants before scheduling interviews.

Your gestures, posture and eye contact send powerful messages. Your body language can speak volumes! Have self-confidence, a positive attitude, good posture and good eye contact. A potential employer can tell a lot about people in the way they carry themselves. Try to express a positive, “can-do” attitude at the interview. Show enthusiasm, but do not overdo it. Be sincere and honest. The interviewer will know within the first five minutes of an interview if you are a good fit for the company, so be prepared.

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An interviewer is looking for individuals who are:

- able to give honest, sincere answers
- well-spoken and poised person
- enthusiastic and friendly
- have a good appearance

An interviewer is looking for a genuinely sincere person who can give honest answers and shows interest in the company. It is important for you to be able to be direct and give well thought out answers.

Once again, make sure your appearance is impeccable. Wear the type of clothing required for the job. If you are going to apply for a job as a salesperson, dress a step above the way a typical salesperson dresses.

Pay close attention to your grooming habits; be sure to have clean hair, nails clean and trimmed, teeth brushed, no offensive odors and hair neatly styled.

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**The Job Interview**

- As an interview candidate, you have your foot in the door, but so do all the other candidates who are being interviewed.
- Impressions DO count when evaluating someone, particularly for a professional position.



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What would happen if you did not know something about the company? Be prepared for the interview. The employer may want to interview you the same day you fill out an application. Did you research the company? What products does it sell or what services does it provide?

Be ready to answer questions such as:

- “Why do you want to work at this company?”
- “What kind of work are you seeking?”
- “What hours and days are you available?”
- “Are you available on the weekends?”
- “Why should we hire you?”

When the interviewer sees that you took the initiative to learn about the company and are prepared for the interview, he or she learns two important facts about you. One is that you are really interested in the job, and the other is you are willing to go the extra mile for something that is important to you. Remember, you have seven seconds to make a great impression!

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Plan your time well so that you arrive at the place of the interview with plenty of time to spare.

What does dressing conservatively mean?

The general rule is to dress one step up from the company's dress code. For example, if you are applying for an office position, standard attire for women is a conservative dark navy, beige, brown or gray outfit. For men, a dark suit, complementary shirt and tie and clean shoes comprise appropriate attire. Otherwise, men can wear slacks, a button-up shirt and nice shoes. Women can wear slacks or a shirt, conservative top and nice shoes. Your skirt should always cover your thighs when you are seated.

What is the difference between business casual and casual? Business casual means "smart business attire." Dressy pants, a blouse, sleek jersey knits, skirts and tops are all examples of business casual attire for women. For men, it can mean dress pants with a buttoned up shirt. Remember, no tennis shoes!

Casual dress depends on the business. This can mean wearing your company's logo polo or t-shirt with jeans or khakis. Always ask your immediate supervisor for clarification of the dress code.

Monitor your response time to questions (5 seconds to respond). What might be a result of answering too quickly? Too slowly?

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Give a firm handshake at introductions and upon leaving the interview. Why is it important to give a firm handshake?

A firm handshake helps make a good first impression for both males and females. It should communicate sincerity, strength and professionalism. The perfect handshake is one that conveys a friendly, welcoming attitude.

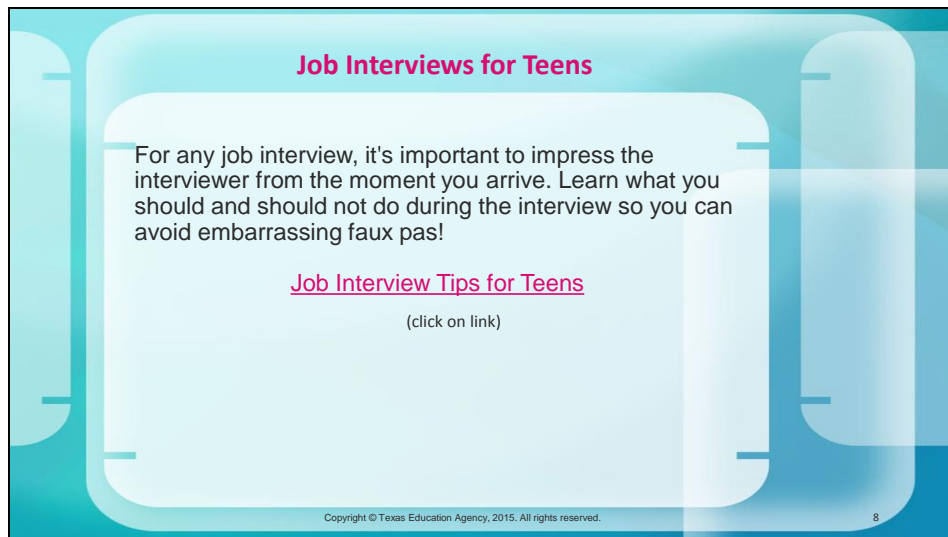
What does a limp handshake or barely touching handshake project? Have students partner with another student and practice a firm handshake. What did your partner's handshake feel like? Critique each other's handshakes.



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**Job Interviews for Teens**

For any job interview, it's important to impress the interviewer from the moment you arrive. Learn what you should and should not do during the interview so you can avoid embarrassing faux pas!

[Job Interview Tips for Teens](#)  
(click on link)

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What are some additional interviewing tips for teens?

About.com

Job Interview Tips for Teens

<http://video.about.com/jobsearch/Job-Interview-Tips-for-Teens.htm>

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**Interview Attire**

- Professional dress is not just about clothes, but overall professional appearance.
- You will want your possible future employer to be impressed with your look, but you do not want to upstage the interview.



The image shows a close-up of a hand holding a red pen, writing the word 'Interview' in red ink on a calendar. The calendar has dates 2, 3, 9, 10, 16, 17, and 24 visible. The word 'Interview' is written across the 10th and 11th. The calendar also has some text like 'Suburban Learning Services' and 'Interview' written in blue ink.

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Just as it is important to look your best for your friends or on special occasions, the same is true for a job interview. Let's start with your hair. It must be clean and neatly styled. Bangs should be out of your eyes and not distracting. Makeup (if you wear it) should be kept to a minimum. Jewelry should be kept to a minimum also and not loud/distracting to the interview. Hands should be clean and nails manicured or neatly trimmed. Deodorant is a must! Perfume and cologne should be avoided, as well as body piercings, tattoos and extreme hair color/nails/clothes. Clothes are a major part of your interview attire. Clothes should be clean and appropriate for the job position.

What are some examples of dressing professionally?

What are accessories?

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How to Dress for an Interview for Teens video.

Discuss the video with students.

You can dress the way you want anytime, but on a job interview, dress for success. Remember, first impressions are very important.

Do all job interviews require a suit for women and men? Brainstorm places of employment which would require a suit and which places that would not.

What items do you want to avoid wearing on a job interview?

How to Dress for an Interview for Teens: Business Style Etiquette  
Tips for how to dress appropriately for a job interview.  
<http://youtu.be/fIT7lqtojsU>

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**Women's Clothing**

- ▶ Women can wear well-tailored suits in traditional colors.
- ▶ Conservative colors are most appropriate.
- ▶ Dress appropriately

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Remember to dress appropriately. What does that mean? Improper clothing may prevent you from getting the job. With today's job market, you need every advantage you can get to land that job. Take time to carefully select your wardrobe for the job interview. Certain colors, such as green and purple, can be worn if the shade goes well with your skin and hair coloring.

If you are applying for a job at a fast food restaurant, the clothing does not have to be so tailored or professional. It does need to be clean, appropriate and pressed. What would be appropriate to wear for a job interview at a fast food restaurant?


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**Men's Clothing**

- ▶ A male should wear a button-up shirt with or without a simple neck tie.
- ▶ Make sure clothes are clean, pressed and in good condition.



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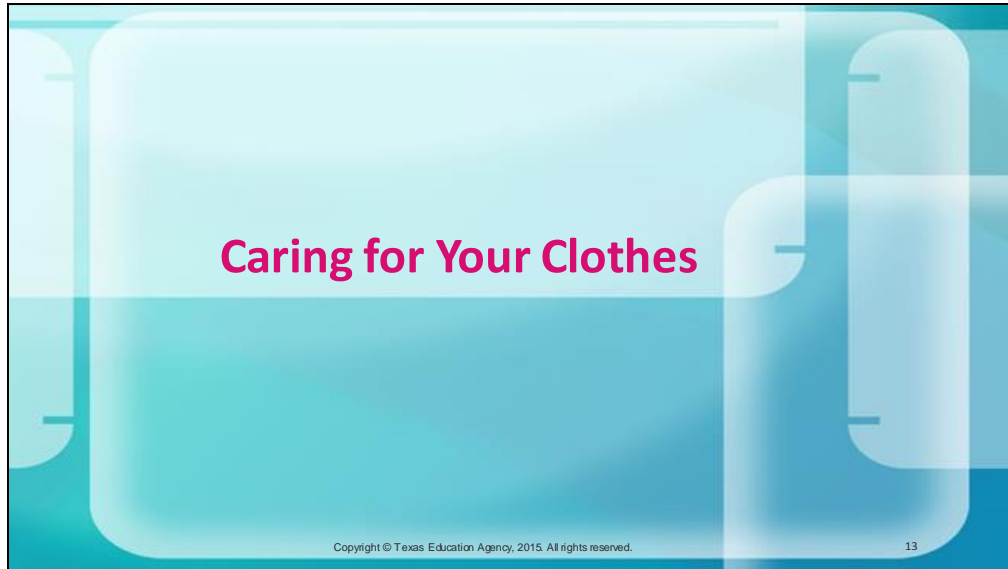
Remember, your clothing is very important. Looking your best shows self-respect and confidence. Make sure your clothes are clean, pressed and in good condition. Invest in a lint roller!

If the position requires a suit and tie then a male should wear a well-tailored suit in traditional colors, such as navy blue or black.

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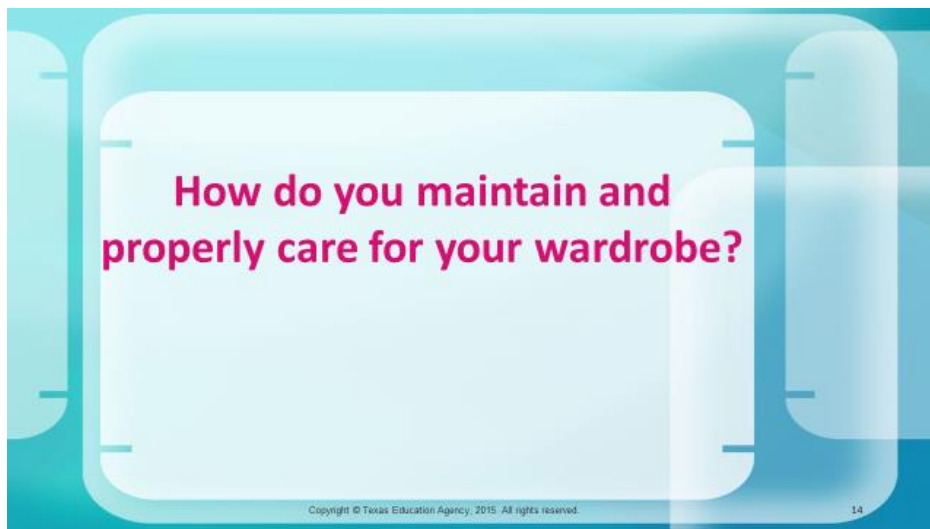
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Ask the following questions:

Do you wash your own clothes?

Do you know how to iron your clothes?

Do you have clothes in your hamper with stains on them? Do you know how to remove stains?

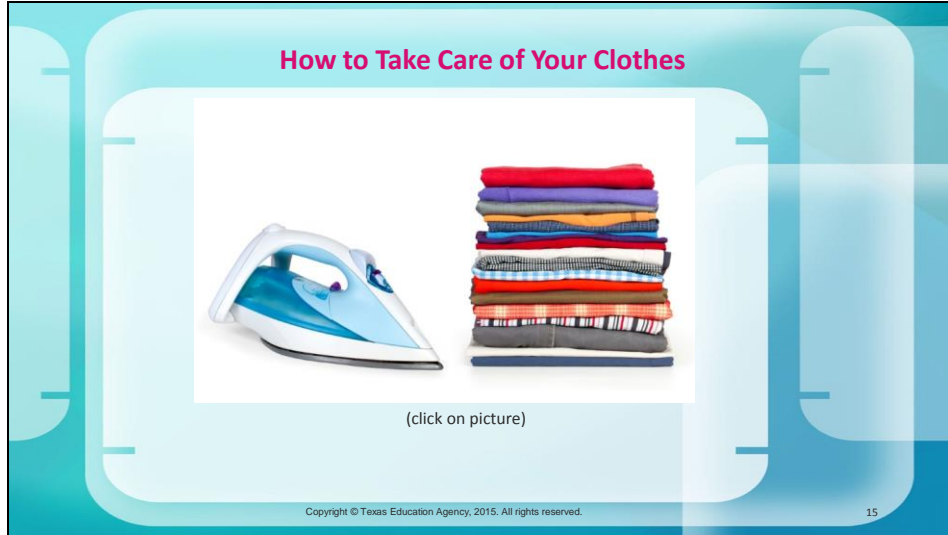
What are fabric care symbols?

Do you know what the fabric care symbols mean?

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Review the 15 steps of properly maintaining and caring for your clothes.

### How to Take Care of Your Clothes

Taking care of your clothes will not only make them last longer, but will also make you look better. Buying new clothes is costly, and at times unnecessary when you take care of the clothes that you already have.

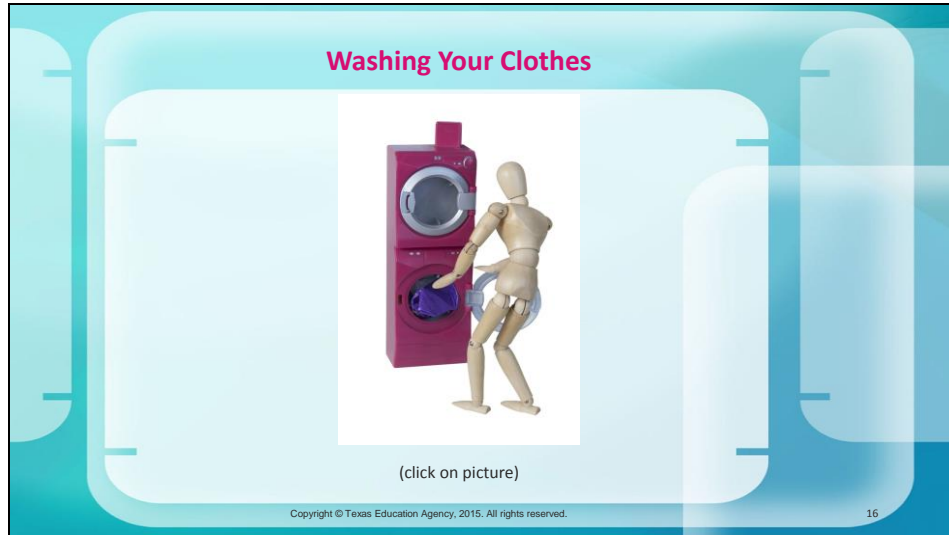
<http://www.wikihow.com/Take-Care-of-Your-Clothes>



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### Too Much Detergent Can Damage Your Washing Machine

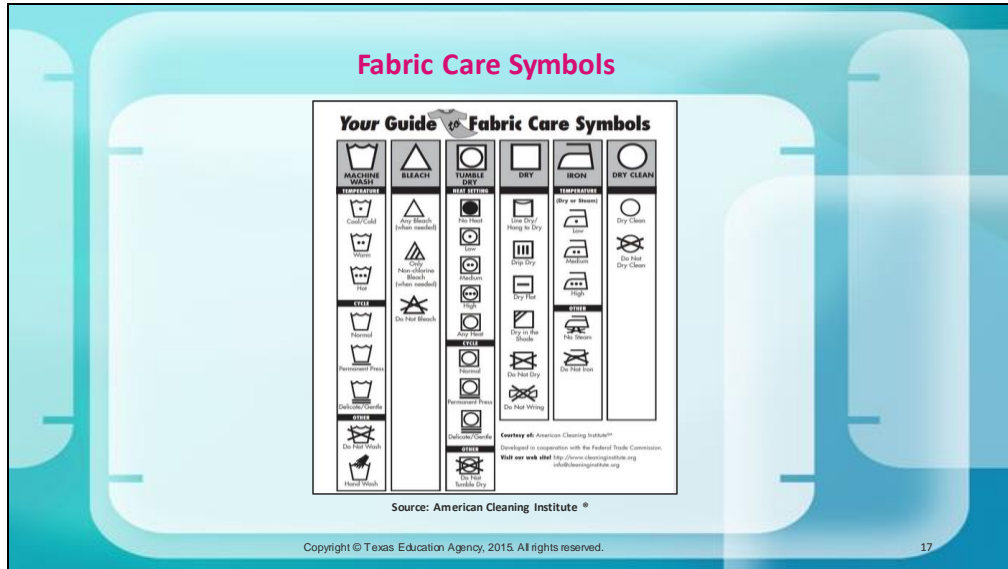
Besides hurting your washing machine, too much soap can lead to mold and mildew, as well as added wear and tear on your clothes.

<http://www.tbd.com/articles/2011/02/too-much-detergent-can-damage-your-washing-machine-53125.html>

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Each garment requires specific care, depending on its fabric content. By law, every garment must have a care label that provides instructions on the type of cleaning, drying and ironing methods to use to properly care for the item.

Why is it important to always check the care label before you wash a garment?

Teacher note: You may opt to have the students look at care labels on the clothes they are wearing. What symbols are on their care labels?

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Review the components of the stain removal chart.

Ask the students if they have stains on items of clothing at home. Then research the stain removal chart on how to properly remove the stains.

Teacher note: Students can practice how to remove a ballpoint pen ink stain, lipstick stain, mustard stain and melted wax stain as an Enrichment activity. The next four slides will describe step-by-step directions on proper stain removal techniques.

American Cleaning Institute  
Stain removal chart.

[http://www.cleaninginstitute.org/clean\\_living/stain\\_removal\\_chart.aspx](http://www.cleaninginstitute.org/clean_living/stain_removal_chart.aspx)

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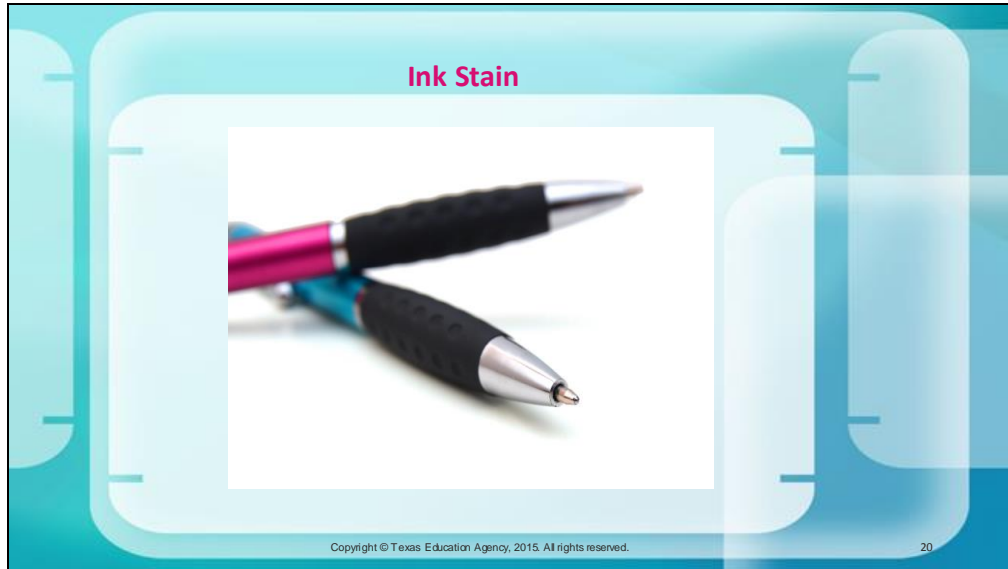
Instruct the students to take notes on the four stain removal techniques.

- To remove most lipstick stains from clothes, put the article stain-down on top of a couple layers of paper towel or absorbent towel.
- Dampen another towel with rubbing alcohol (70 or 90 percent), and then dab, dab, dab the stained area. Look underneath and you should see lipstick on the paper towels. Keep at it until all of the stain is gone. Some long-lasting lipsticks may need more work to remove.
- You also can spritz a stain removal solvent onto both sides of the fabric, allow it to set for a few minutes to let the spray work, and then scrub the area with a small brush. Rinse, wash as usual and air dry. If a little color is left, repeating the steps should take care of the problem.

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If the fabric is machine washable, saturate the spot with hair spray, let it sit for ten minutes, and then dab the stain with a damp cloth or sponge to remove. Launder as usual to wash out any residual stain and spray.

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- Remove as much mustard as you can.
- Use a dull knife or a spoon to gently scrape away as much mustard as possible. Be careful not to scrape so forcefully that you damage the fibers of the clothing.
- Rinse in cold water.
- Using cold water, rinse through the back of the stain to force the mustard back out of the fabric. It's important to rinse from the back of the stain so that the mustard has less distance to travel out of the clothing.
- Add liquid laundry detergent.
- Rub liquid laundry detergent onto the mustard stain. Allow the clothing to sit for up to 10 minutes. Rinse the stained area thoroughly. Repeat this step until no more mustard stain can be removed.

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### How to Remove Wax from Clothes or Material

Remove wax from clothes or material is easy. Wax can easily drip from candles onto a tablecloth and colored wax stains can be tough to remove. Our expert, Bea Knapp will show you a quick and easy way to deal with wax stains.

<http://www.videojug.com/film/how-to-remove-wax-from-clothes-or-material?channel=pose>

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**Ironing Your Clothes**

- ▶ Check the care label before pressing your garment
- ▶ Ironing helps clothes look sharp and pressed



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What is the purpose of ironing clothes? Ironing removes wrinkles from clothes.

Check the care label to make sure you select the correct temperature before you start pressing. Have you ever burned a hole in a garment?

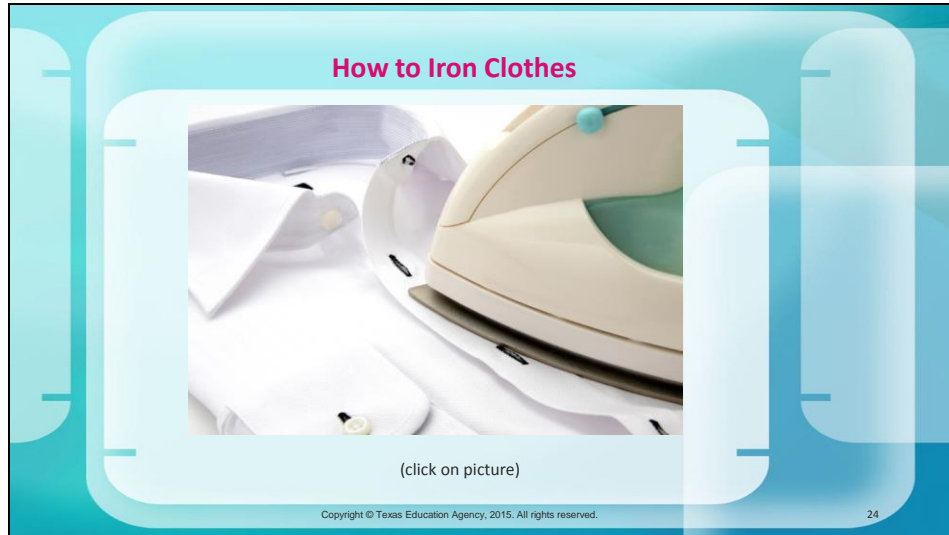
Teacher note: You may opt to have students bring articles of clothing from home to practice ironing techniques at school.



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Review the four methods for ironing clothes.

How to Iron Clothes  
Four methods for ironing clothes.  
<http://www.wikihow.com/Iron>

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**Selecting and Buying Clothes**

- ▶ Have a shopping plan
- ▶ Selecting and buying clothes should involve the decision-making process
- ▶ Take an inventory of your wardrobe to help you make good purchasing decisions



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Have a shopping plan in mind before you leave the house. Questions to ask to develop a shopping plan include:

- What is your budget? How much money do you have to spend?
- What monetary method will you use? Cash? Credit card? Layaway?
- What will you buy?
- Where will you shop? Do you shop online, at a local mall, at a department store or at a specialty store?

Why is it important to have a shopping plan? Having a shopping plan helps you avoid impulse shopping. The disadvantage of impulse shopping is you might spend more than you intended to, or you might purchase something you might never wear. Do you have any items of clothing in your closet that you have never worn? If so, was purchasing those items a good financial decision?

Selecting and buying clothes should involve the decision-making process.

Step 1 – Identify the decision to be made. What do I need to enhance my wardrobe?

Step 2 – Consider the possible options. Where can I shop? Can I purchase it at a gently worn clothing store? Should I sew my clothes? Should I redesign an existing outfit into a new outfit? What funds do I have available to spend on my wardrobe?

Step 3 – Identify the consequences of each option. Each option will have consequences – some positive and some negative.

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Step 4 – Select the best option.

Step 5 – Make and implement a plan of action.

Step 6 – Evaluate the decision, process and outcome.

Take an inventory of your wardrobe to help you make good purchasing decisions. Clean out your closet, and divide your clothes into the following categories:

- Clothes you will keep
- Clothes that need to be repaired
- Clothes that can be recycled at a donation center
- Clothes that can be redesigned, such as cutting the legs off of pants to make shorts


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**Clothing Needs versus Wants**

- Clothing needs include clothing items that are necessary for the individual to be comfortable, protected and appropriately dressed for daily activities
- Clothing wants include clothing items that the individual wishes to have



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Lead students to understand the difference between clothing needs and clothing wants. Needs and wants may be the same. However, many individuals want or have more clothing than they need.

Discuss with students what items might fit the clothing needs category and other items that would fit the clothing wants category.

Ask students to retrieve their lists of twenty items of clothing from the Anticipatory Set activity. Which items are needs? Which items are wants? What did you have more of?

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**Clothing Considerations**

When you are shopping for new clothes, consider the following determining factors:

- Can I wear it for more than one season?
- Is the item a good value?
- Does it hold its shape well?
- Does it resist wrinkles?
- Is it comfortable to wear?
- Is it durable and long lasting?



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According to Business Insider, teenagers are spending 21% of their disposable income on clothing. Teens are still getting most of their money from their parents. You want to make good economic decisions when it comes to purchasing clothes. Do you have articles of clothing in your closet with hangtags on them? Why haven't you worn those items? Why did you purchase that item in the first place?

When you are shopping for new clothes, consider the following determining factors:

- Can I wear it for more than one season?
- Is the item a good value?
- Does it hold its shape well?
- Does it resist wrinkles?
- Is it comfortable to wear?
- Is it durable and long lasting?

Read more: <http://www.businessinsider.com/how-teens-are-spending-money-2014-4#ixzz3GKWqLSQE>

Lead students to brainstorm characteristics of appropriate dress. Examples might include suitable for a specific occasion, climate, season and weather. Are you dressed appropriately today?

Have students list the kinds of activities, events or places in which they will be involved over a month, and then determine the various kinds of clothing needed.

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When you are shopping for new clothes what factors is it important to consider?

- Is it machine washable?
- Is the item well-made?
- Should it be dry cleaned?
- Is the item an appropriate style that fits your personality?
- Will you be able to mix and match it with other items in your closet?
- Will it respond to bleach for removing stains?

What are some additional questions to ask yourself before you select a garment?

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### Identifying Quality in Clothing

Tips for determining quality in garments:

- ▶ Be sure buttons are sewn on tight
- ▶ Check the construction of the garment on the inside
- ▶ Check the seams; look for undone threads, tears or loose seams
- ▶ Determine if fabric is wrinkle-resistant
- ▶ Look through the fabric to examine for a tight weave
- ▶ Ensure that patterns such as plaids or stripes line up at the seams
- ▶

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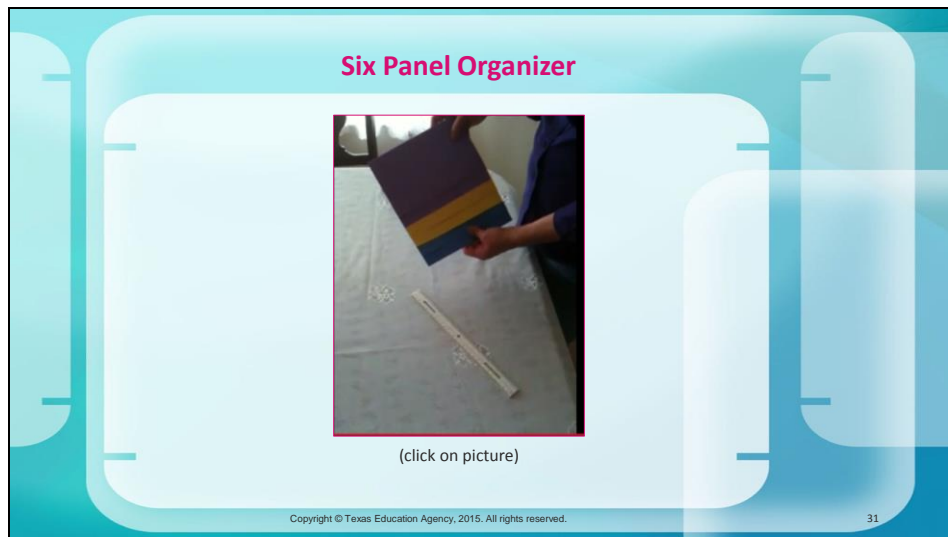
What are some additional tips to consider when purchasing a garment?



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Teacher note:

The students will be constructing a six-panel organizer to use during Guided Practice. View this video so the students understand how to make one.

Six Panel Organizer

Students can use this manipulative as a sequential description of a topic or to show connection between a central idea, concept or process.

<http://youtu.be/UILX5mMhXyA>

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**Review**

- ▶ Name five tips for selecting proper attire for a job interview.
- ▶ Why is it important to give a firm handshake at a job interview?
- ▶ What are two benefits of properly maintaining your clothing?
- ▶ Why is it important to always check the care label before you wash a garment?
- ▶ List four tips for determining quality in garments.

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### References and Resources

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- > Photos obtained through a license with Shutterstock™. com. (Slides 1, 4, 5, 6, 9, 15, 16, 18, 19, 20, 21, 23, 24, 26, 27, 28, 29, 30 and 32)
- > American Cleaning Institute ® (slide 17)

Textbooks:

- > Johnson, L. (2004). Strengthening family & self. Tinley Park, IL: Goodheart-Wilcox.

Websites:

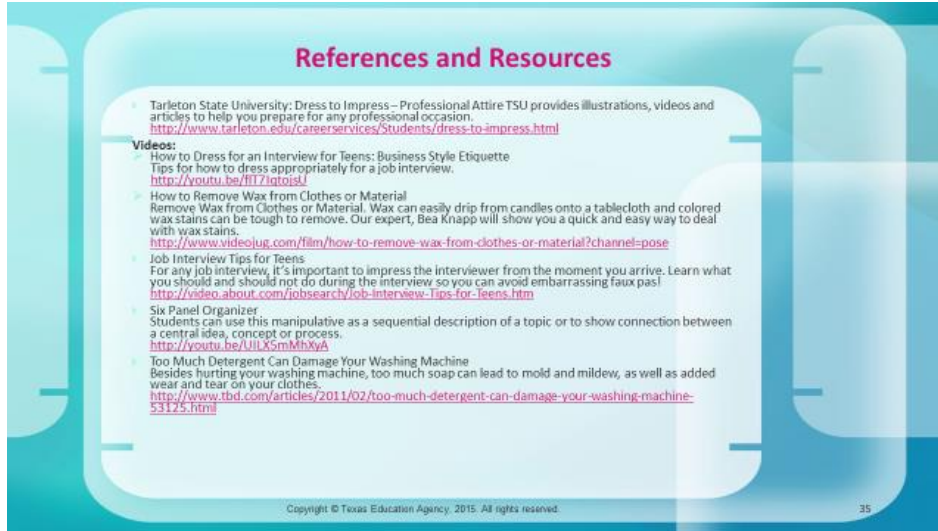
- > About.com  
Job Interview Tips for Teens  
<http://video.about.com/jobsearch/job-Interview-Tips-for-Teens.htm>
- > Dressing for Interview Success  
How to dress professionally for an interview  
<http://www.collegegrad.com/jobsearch/Competitive-Interview-Prep/Dressing-for-Interview-Success>
- > The American Cleaning Institute  
Cleaning products play an essential role in our daily lives. By safely and effectively removing soils, germs and other contaminants, they help us to stay healthy, care for our homes and possessions, and make our surroundings more pleasant.  
<http://www.cleaninginstitute.org/>
- > How to Iron Clothes  
Four methods to iron clothes.  
<http://www.wikihow.com/Iron>
- > How to Take Care of Your Clothes  
Taking care of your clothes will not only make them last longer, but will also make you look better. Buying new clothes is costly, and at times unnecessary, when you take care of the clothes that you already have.  
<http://www.wikihow.com/Take-Care-of-Your-Clothes>

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### References and Resources

- Tarleton State University: Dress to Impress – Professional Attire TSU provides illustrations, videos and articles to help you prepare for any professional occasion.  
<http://www.tarleton.edu/careerservices/Students/dress-to-impress.html>
- **Videos:**
  - How to Dress for an Interview for Teens: Business Style Etiquette  
Tips for how to dress appropriately for a job interview.  
<http://youtu.be/f171toqisI>
  - How to Remove Wax from Clothes or Material  
Remove Wax from Clothes or Material. Wax can easily drip from candles onto a tablecloth and colored wax stains can be tough to remove. Our expert, Bea Knapp will show you a quick and easy way to deal with wax stains.  
<http://www.videojug.com/film/how-to-remove-wax-from-clothes-or-material?channel=pose>
  - Job Interview Tips for Teens  
For any job interview, it's important to impress the interviewer from the moment you arrive. Learn what you should and should not do during the interview so you can avoid embarrassing faux pas!  
<http://video.about.com/jobsearch/job-interview-tips-for-teens.htm>
  - Six Panel Organizer  
Students can use this manipulative as a sequential description of a topic or to show connection between a central idea, concept or process.  
<http://youtu.be/4H1X5mMhXyA>
  - Too Much Detergent Can Damage Your Washing Machine  
Besides hurting your washing machine, too much soap can lead to mold and mildew, as well as added wear and tear on your clothes.  
<http://www.tbd.com/articles/2011/02/too-much-detergent-can-damage-your-washing-machine-53125.html>

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