

SOE FIELD EXPERIENCE DRESS

A guide on how to dress professionally in the field of education; made by SLU students, for SLU students.



**SAINT LOUIS
UNIVERSITY™**

— EST. 1818 —

Introduction.

Dear future educators,

The most important thing to remember when entering into a classroom is that you are representing not only yourself as a teacher, but the School of Education and SLU as a whole. Be proud of how you look and who you are representing! This is why dressing in an appropriate and professional manner is so essential.

The information in this guide has been researched and put together based on other student experiences.

We encourage everyone to take the information into consideration and to explore the resources provided. Enjoy!

*For more information and updates
visit SOE's social media channels.*

 @slusoe

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Know the **BASICS**

of dressing the part.

Keep the following information in mind when dressing for SOE experiences:

- Dress for success. You will teach better if you feel more professional.
- It is always better to be overdressed than underdressed.

If you have doubts about your attire:

- Consider changing if you have to think about whether your outfit is professional or not for more than five seconds.
- Think about asking your friends, roommates, professors or current teachers if the outfits that you are wearing are suitable for the school.



Let's compare the DOs & DON'Ts.

| DO | DON'T |
|---|--|
|  <p>Dress in line with the school's expectations and dress code.</p> |  <p>Wear clothing that is too tight or revealing. (Cover all the B's!)</p> |
|  <p>Ensure that other physical attributes look professional too. (i.e. don't look like you just rolled out of bed.)</p> |  <p>Dress too casually. (Avoid jeans and opt for nice dress pants instead.)</p> |
|  <p>Before wearing an outfit to school, sit, stand, jump, and bend over wearing the outfit to ensure that it will be appropriate for different activities.</p> |  <p>Wear clothes that may be difficult to teach in. (Uncomfortable shoes, clothing, etc.)</p> |
|  <p>Invest in the right footwear. Wear shoes that are comfortable, yet professional.</p> |  <p>Forget personal hygiene: well groomed hair, no funky smells...</p> |



Voices and advice from SOE students...

"First impressions are huge! If you look professional, put together, and clean then you will be seen as professional and ready for the career field. Avoid wearing jeans, yoga pants, sweatpants, and low cut shirts."

-Ajla, *class of 2021*

"Find 2-3 pairs of nice and comfy pants that you like that you can wear with different tops each day! Comfy shoes are also a must! Your feet will hurt from walking around all day, so investing in comfy shoes is something I would recommend."

-Brooke, *class of 2021*

"Ladies: Old Navy has great dresses that are relatively inexpensive, and will often have sales during the first few weeks of fall. Gentlemen: Any pants that are made of khaki material are acceptable. A collared shirt looks a little cleaner, and you can often buy the same shirt in many colors."

-Gwen, *class of 2021*

"Dress for success. You are going into these schools representing yourself. These are going to be connections that you can use in your future. You want to make a sure the school will see you in a professional setting."

-Claire, *class of 2021*

**"Your education is a
dress rehearsal for a life
that is yours to lead."**

-NORA EPHRON

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SOE STUDENTS IN ACTION

Colleen (Class of 2021), demonstrates the need to wear clothing that is fully functional and appropriate for different activities (ie. standing, sitting, etc.).



Brooke (Class of 2021), provides an example of an everyday outfit while student teaching. She adds to her photo, "Another thing that might be overlooked is having a professional bag. Especially for middle and high school, it's helpful to have a professional bag to stand out from students and to add to the professionalism of your outfit."

MORE INSPIRATION

NEED MORE INSPIRATION FOR YOUR TEACHING EXPERIENCE?

Some go-to resources for outfit inspiration...

1. Browse Pinterest for outfit inspiration! Just use the search engine and you'll find hundreds of photographs and pinterest boards dedicated to teaching outfits.

2. More of an Instagram user? Check out the following accounts:

@miss.goodytwoshoes

@theartoffunology

@samanthasmithblog

@wearitnatsway

@mrscasual

3. Pay attention to what other educators and your classmates wear! (Take notes on your professors dress!) Just remember that you should dress more formal than those around you. Why? They have a job already, you do not! Every day is an interview for you!

Conclusion.

When it comes down to it, remember to just be yourself while maintaining professionalism in the classroom. Dress to impress, remember that every day is an interview and have fun!

You're going to learn so much during these special times— don't let any worries or fears get in the way.

If you ever get stuck with how to dress, feel free to refer to this guide, head to one of the resources we provided, or ask other educators for help! Enjoy!

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