

Dressing Professionally on a Budget

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Leader's Guide

Lesson Objectives

- Increase participant's knowledge of what constitutes professional dress.
- Participants will be able to identify strategies they can use to maximize their clothing dollar.
- Audience members will learn the importance of making a good first impression.
- Attendees will be able to distinguish the difference between professional and business casual attire.

Intended Audiences

FCE groups, 4-H or teen groups, mothers of pre-schoolers/ Mom's day out programs, community agencies, church groups, senior centers, welfare-to-work programs, job-readiness classes, etc.

Introduction

Dressing professionally for work can be confusing and expensive. Views on how to dress and what is appropriate dress for work are diverse. This lesson will cover the importance of making a good first impression. We will discuss how to plan a wardrobe to wear to work. We will differentiate between business casual attire and professional business dress. Finally, we will look at how a few garments can create a seasonless wardrobe.

Before the Lesson

- Review the leader's guide and fact sheet.

- Have a copy of the fact sheet for each participant.
- Search the Internet for relevant Web sites to enhance the topic.
- Gather materials for the activities.

Presenting the Lesson

The presentation may be oral, or download the PowerPoint presentation (EP160) from the K-State Research and Extension Publications Library, www.ksre.ksu.edu/library. It is also available through the FCS Web site, www.ksre.ksu.edu/fcs.

Be sure to allow time for the participants to discuss their perception of what is professional dress. This discussion can get participants engaged in the topic at the beginning of the lesson. Be prepared for some lively discussion among your participants.

Optional Program Activities

- Visit a resale shop, thrift store or garage sale to pull together an outfit or seasonless wardrobe. Have a friendly competition with others to see who can find the best bargain.
- Tour a recycled clothing collection and sorting center in your area.
- Host a clothing wwap, "Trashion" event or Naked Lady Party in your area. An Internet search will yield information on these types of events. They are especially popular with the 20-something crowd.
- Host a recycled fashion show.

Community Awareness Activities

- Present the lesson to another group that could benefit from this information.
- Coordinate a recycled clothing event in your community/neighborhood.
- Set up a display to explain how to build a seasonless wardrobe at a community event.
- Use a fashion show to highlight acceptable professional dress.

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K-State Research and Extension Publications

Basic Apparel Management, S134H

Basic Job Ready Skills, S134A

Basic Health and Wellness, S134D (Spanish S134DS)

Sources for More Information

Diana Pemberton-Sikes –

<http://www.FashionForRealWomen.com>.

Dress Well with a Tight Budget –

<http://ezinearticles.com/?Dress-Well-with-a-Tight-Budget&id=174381>

Clothes Make the Man or Woman –

http://careerplanning.about.com/cs/dressingforwork/a/dress_success.htm

What Not to Wear on a Job Interview –

<http://jobsearch.about.com/od/interviewattire/a/interviewnot.htm>

Dress for Work Success –

http://humanresources.about.com/od/workrelationships/a/dress_code.htm

Evaluation: Dressing Professionally on a Budget Evaluation

Date of Program

Program County

Instructor

Because of my participation in Dressing Professionally on a Budget, I learned something new. Circle one: Yes or No

If yes, what did you learn?

Because of your participation in this program, do you plan to take any action or change anything in your life? Circle one: Yes or No

If yes, what will you change?

For the following questions, please place a check in the appropriate box.

	Definitely false	More false than true	In between	More true than false	Definitely true
Because of this program, I have more positive feelings about this topic.					
Overall, I rate this program as excellent.					
Overall, I rate this instructor an excellent teacher.					

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