

# **Lesson 5: Building a Workable Wardrobe for Men and Women**

**Student Guide Pages: 269-274**

**Lesson Objectives:** By the end of the lesson, your students should be able to:

- build a workable wardrobe that will be suitable for the interview and the job
- know the essential pieces to mix and match in a cost-effective manner
- know where to purchase and the rules for wardrobe purchases

## **Lesson Summary:**

Knowing the optimum pieces to purchase for your wardrobe saves money in the long run. Being able to effectively put pieces together and build a multitude of work-effective ensembles not only gives you variety but also offers a stable budgeting outcome. Both men and women need multipurpose items that can be used in a number of ways to get the most from their money, while still making a good impression on a potential employer and clients.

Possible resources:

1. <https://www.businessinsider.com/new-job-work-clothes-essentials-men-2017-9>
2. <https://www.moneycrashers.com/work-clothes-women/>

### Review Questions:

- How important is wardrobe when making a first impression on a potential employer?

**Answer:** It's extremely important to put your best foot forward. Your wardrobe speaks volumes about your talent, your seriousness about employment, and your long-term, overall attitude.

- List five possible cost-effective resources for wardrobe purchases.

**Answer:**

1. JC Penney
2. TJ Maxx
3. Marshalls
4. Outlet Malls
5. Consignment stores

- What are three essential rules to remember when purchasing a wardrobe?

**Answer:**

1. Purchase classic pieces.
2. Purchase a piece each payday.
3. Buy out of season for the best prices.

- What are the nine most important items needed for men?

**Answer:**

1. button-down or dress shirts with complimentary ties
2. a great-fitting suit
3. a sport coat
4. dress slacks
5. casual slacks, like Dockers
6. short-sleeved shirts
7. matching shoes and belts, preferably in brown and black
8. socks in tame colors to match slacks or suit
9. a nice cardigan is a good complement to any wardrobe

- How can these items be worn to create a multitude of options?

**Answer:** Suits can be worn with dress shirts and ties for a very professional look or without a tie for a more casual appearance. Sport coats can be teamed with casual slacks or even jeans, if permitted at your place of employment. Cardigans go well over dress slacks or casual pants. If you mix

colors and textures, you can increase the number of ensemble possibilities.

- What are the nine most important items needed for women?

**Answer:**

1. a good-fitting two- or three-piece suit
2. nice dress slacks
3. crisp blouses in white and complementary colors
4. a vest
5. two skirts in flattering lengths
6. a simple sheath dress
7. a neutral cardigan sweater
8. comfortable but stylish shoes, in neutral colors, and nothing strappy
9. a simple gold/silver chain necklace and earrings

- How can these items be worn to create a multitude of options?

**Answer:** A suit can be worn a number of ways, with matching pants or mixed with a neutral color slacks or skirt. Changing the color of the blouse beneath the suit offers many options. Mix blouses, skirts, and pants to create a whole new look each time. Throw a vest or cardigan over the blouse and skirt or slacks, and create yet another look. Accessories offer a nice addition to any outfit.

## **Homework:**

Tell students to go through their closets and drawers to see what items they already have that are part of the suggested lists. This will inform them of what they still need to purchase. Instruct them to create a purchasing schedule for the next six months, to complete their essential professional wardrobes, based on the lists in this lesson.

## **Class Activity:**

Students can create a list of items they already have in their wardrobes, then place items they need on a to-be-purchased list. Perhaps they can glean ideas from one another during this activity.

## **Additional Information:**

Wardrobe selection is dependent on the culture of the company. Some business offices are fashion conscious, while others are far more conservative. Get a feel for your work environment before making purchases. That's the best way to ensure that your items are a wise investment as you build your wardrobe.

## **Fun Facts:**

Casual Friday, along with dressing casually during the week, became very prevalent during the dot-com bubble of the late 1990s and early 2000s, rooted in a relaxed California-based business culture.

**Notes:** \_\_\_\_\_

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## **Wardrobe Checklists for Men and Women**

### **MEN:**

- 1.button-down or dress shirts with complimentary ties
- 2.a great-fitting suit
- 3.a sport coat
- 4.dress slacks
- 5.casual slacks, like Dockers
- 6.short-sleeved shirts
- 7.matching shoes and belts, preferably in brown and black
- 8.socks in tame colors to match slacks or suit
9. a nice cardigan is a good complement to any wardrobe

### **WOMEN:**

- 1.a good-fitting two- or three-piece suit
- 2.nice dress slacks
- 3.crisp blouses in white and complementary colors
- 4.a vest
- 5.two skirts in flattering lengths
- 6.a simple sheath dress
- 7.a neutral cardigan sweater
- 8.comfortable but stylish shoes, in neutral colors, and nothing strappy
- 9.a simple gold/silver chain necklace and earrings