

APPEARING SMART

Looking smart and giving a good first impression is important in every area of life and work. But it's more than just looking smart, this Challenge will help you think smart!

1 Why are first impressions so important?

We all judge people on first impressions.

But appearance is not just about whether to wear a tie!

Having a smart appearance is not the same thing as looking flash. Clothes are important but so too is your face, your smile, the way you stand and even how you smell!

**YOU NEVER GET
A SECOND
CHANCE TO
MAKE A GOOD
FIRST
IMPRESSION.**
~will rogers

2 How good are you at giving a good first impression?

Very good
nearly all of
the time

Good most
of the
time

OK some of
the time

I don't
know where
to begin!

3 Is it fair that we make quick decisions about other people based on first impressions?



93% of people's judgments of others are based on non-verbal input

Does someone with lots of piercings face greater challenges in getting a job?



4 Which person do you know who always seems to appear smart?
 What is it about them which makes them look smart?
 When do you look your best?

5 There are lots of reasons why it can be difficult to look smart.
 What do you find hardest ?



I don't have the right clothes to wear	I can't afford to look smart	I hate having to look smart for other people	I don't have confidence in the way I look	I don't feel comfortable in smart clothes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What would help?	What would help?	What would help?	What would help?	What would help?

Tick what applies most to you

6 THINK ABOUT A JOB YOU WOULD LIKE TO DO

- Would you have to dress smart to do this job?
- Could you find someone who already does a job they really like and ask them what they do to appear smart? For example do they have to wear a uniform for work?



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7 What sort of job could you do if you looked really smart?



What stores prefer sales assistants to look cool and trendy, and even a bit scruffy?

8 YOUR FACEWORK SELFIE

Many people love taking selfies of themselves so why not take a **SMART** selfie of yourself looking smart and relaxed.



- ✓ And ask 2 friends to text you one positive word about the photo.
- ✓ If you agree with the positive word save the photo on your phone with that word!

It's a simple exercise but one which helps you remember what people think about you when you look smart.

There are lots of youtube tutorials about looking smart and improving your appearance.



You can search for these or go to <http://facework.today/challenges/self-management/> where you will find a list of clips, songs, quotes and apps which will help you get better at improving your appearance?

⑨ COMPLIMENTING PEOPLE ON THEIR APPEARANCE

Can a butterfly see
their own wings?

Colour in the butterfly



When did you
last compliment someone
on their appearance?

10 Let's talk about body odor!



What reaction do we have if we meet someone who has poor body odor?

Why is having good body odor important, especially when we are going for a job?

Exercise – Get into pairs to talk about this scenario

You notice that a friend of yours has a problem with body odor and his feet smell especially in the summer what do you do?



Don't say anything it's too embarrassing!	<input type="checkbox"/>
Drop gentle hints asking him can he smell something?	<input type="checkbox"/>
Come right out and say his feet stink and he needs to move away!	<input type="checkbox"/>
Talk about it sensitively and give him some advice.	<input type="checkbox"/>

BEATING BODY ODOUR

Body odour is created by bacteria that cause you to smell, but you can beat body odour

① Wash regularly with anti-bacterial soap

When you shower, focus on your underarms and your feet, as those are two of the biggest body odour areas.

⑦ Exercise regularly

Although exercising makes you sweat, getting plenty of physical exercise can actually help to combat body odor in the long run. Remember to drink enough water every day as this flushes out toxins.

② Keep dry

Bacteria love moisture, so remember to towel-off thoroughly after a shower and try to wear clothes which allow your skin to breathe and your sweat to evaporate quicker.

⑥ Keep clothes clean

Keep your clothes clean when you are not using them and make sure you wash your clothes and sheets regularly.



③ Use Sprays

Anti-Perspirant sprays help reduce sweat and deodorants mask the smell of sweat. However, make sure you have washed and dried properly before applying them.

⑤ Check your feet

If your feet smell soak them in a salt bath which can help kill the bacteria and the odour. Wearing cotton socks in your shoes helps absorb moisture. Change them at least daily to keep your feet dry.

④ Watch what you eat

Strong foods like garlic and onions and spicy foods can come out in your skin. Remember that bad breath can also be a real turn off so brush your teeth regularly.

Summarised from www.wikihow.com/Eliminate-Body-Odor