



Office of Field Experience

Professional Dress Guidelines for Student Teachers

As a teacher, you have a captive audience watching your every move. Making a good impression is important not only when engaging with your students but also when interacting with their guardians and school staff as well. Your supervisors, other teachers, and students will have the same expectations of you as they will of any other teacher.

Student teaching outfits should match the dress code of the school

Most schools trust that teachers will make good decisions when it comes to their wardrobe; however, an increasing number of districts have begun instituting dress codes for teachers. Many schools, especially in Idaho, prefer their teachers not to wear jeans, t-shirts, and similar casual styles. This changes from school to school, so be sure to follow the guidelines that your own school gives.

When in doubt, go business casual

If your school doesn't offer guidelines for the clothes you should wear, then keeping to a business casual model is recommended. You can ask your principal or other teachers what the dress expectations are at your school; just make sure to do so respectfully.

Dress for the class you teach

Choosing the right outfit sets the tone for your classroom. Unless you teach gym or art, your clothing should be business-like, neat, clean, and in good repair. Pick out clothes that reflect your own style, or follow the advice of stylists.

Be comfortable, but not too casual

Between teaching lessons, monitoring the playground, supervising the lunchroom, and helping individual students, you'll be on your feet for hours at a time, so comfort is essential.

Pants and dresses with some give, stylish shirts that move with you, and supportive shoes are important if you're going to stay energized throughout the day.

General Rules:

- Refer to your district and school policies for visible tattoos, piercings, etc.
- Facial hair should be kept neat and trimmed
- Ensure that clothing is not see-through and undergarments are covered

Clothes should be:

- Clean (no stains)
- Wrinkle-free
- In good condition (no holes)

Clothing to avoid:

- Jeans
 - If these are explicitly allowed by your school, be sure they are in good condition (i.e. no holes, rips, or stains). Dark wash is preferred.
- Leggings, except under dresses/skirts
- Excessively tight, short, or low-cut clothing
- Clothing with visible brands/logos
- Flip-flops, very high heels

Here are some resources to help you determine what is appropriate attire for the classroom.

When in doubt, it is better to overdress than underdress!

[What Is Business Casual Attire? \(With Example and Tips\)](#)

[What is Business Casual? A Guide for Men and Women](#)