

# Preparing *for a* DATE

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*What do I wear? What if he tries to hold my hand? I don't want to be over-dressed or underdressed. Should I or shouldn't I wash my*

*hair?* These are some of the questions that flow through the frazzled mind of a girl about to venture on a date with a man. In my experience of living with lots of

college-age girls, these are all perfectly normal thought patterns.

Naturally we want to be happily in love and we realize that in order to find love, we are going to have to put forth some effort. There are some key things every girl should be aware of when she is preparing to go on a date. They are simple and basic, but it's surprising how many men and women fall short of elementary etiquette and first-date preparedness.

Being a Latter-day Saint sets us apart from the world in many regards, but especially with how we have our own set of standards we abide by in courting. The world strongly

emphasizes the physical part of a relationship, while we focus more on mutual respect, commitment, and a genuine friendship. It's important that, before

any Latter-day Saint person begins dating, he or she understand these

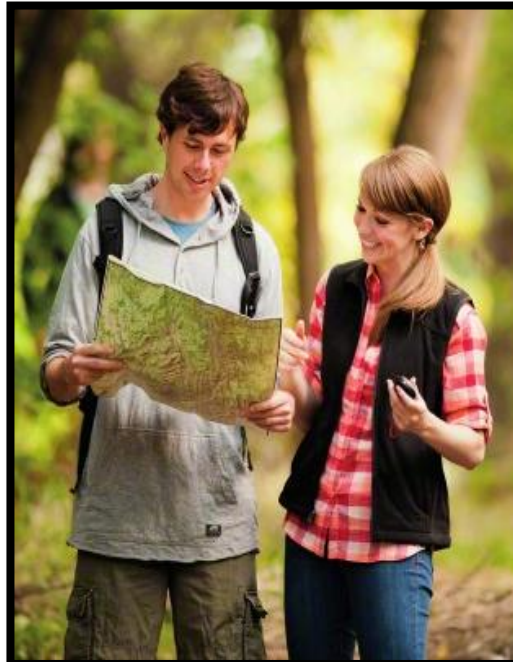
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base values. Knowing this will help you to prepare for the dating world.

President Monson had this to say in the April 2010 general conference: “The way you dress sends messages about yourself to others and often influences the way you and others act. Dress in such a way as to bring out the best in yourself and those around you.” President Monson may be higher in years than college-age singles, but he realizes that some things never change. A person can never be too modest in dress or in personality. Women should consider how they will be viewed by what they put on. A revealing hemline or neckline won’t exactly send the right message to a boy she perhaps hopes to marry in the temple.

Picking out just the right thing to wear can seem tedious. Follow the famous Amy Vanderbilt’s advice: “Wear something appropriate for the occasion” (60). If you are going on a hike do not wear that lovely dress you just picked up with the chandelier earrings. Likewise, if you are going out

to a nice dinner, hiking boots, jeans, and your comfortable BYU-I sweatshirt won’t exactly cut it. Think about what you will be doing and dress the part. If you aren’t sure of where you are going, it is never impolite to simply ask what is appropriate to wear.



<http://www.lds.org/media-library/images/dating-marriage?lang=eng&start=51&end=60#young-adults-hike-852766>

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Hygiene is another issue when it comes to getting ready for a big date. Not only do you want to wear presentable clothing, but you want to look fresh, too. It is important to be clean inside and out when you are jumping into the dating world. Before going on a date, style your hair, manicure your nails, and put on a little makeup and perfume. Don’t overdo it, though. He will still want to see the real you. And that is very important.

When you are getting ready for a date, follow the same advice women have been giving for years: accentuate you! If you especially like your eyes, play them up. If you think you have a great smile,

wear a peachy pink lipstick, and always wear a nice perfume!

These are simple things to help you prepare for your big night out. Remember when you're dating, it's all about being the real you. So look like the real you. Don't let your imagination get away with you. While mentally preparing, think about how you are meeting a new friend. Daydreaming about a future wedding will give anyone the jitters, so start with aiming for friendship.



[http://www.123rf.com/photo\\_5333320\\_a-young-woman-is-putting-on-makeup-in-front-of-a-mirror--she-is-looking-away-from-the-camera--horizo.html](http://www.123rf.com/photo_5333320_a-young-woman-is-putting-on-makeup-in-front-of-a-mirror--she-is-looking-away-from-the-camera--horizo.html)

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*Cover photo*

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