What kind of clothes a person wear can shows their personalities, but it also let others see the person with colored eyes, so I suggest that there should be some rules about types of clothing that people are allowed to wear at work and at school, in order to saving more time to work and focus one's attention on his work or study.

First, wearing same types of clothes or uniforms makes the company or the school looks well organized. And school uniform or companies' required wear makes it easier for the school and company managers to recognize students belonging to their school or company. Take the field trip for example, when a school give their students chance to go to the field trip they ask their students to wear the school uniform in order to recognize their students easily.

Second, having rules about the types of clothing that people are allowed to wear apparently let us saving lots of times on picking the clothes. When I am free, I always put hours to choose the clothes that I am going to wear.  But if there are some rules to limit people what should they wear, they don't have to spend time wondering what to wear, they can devote more time to their education or works.

But have rules about the types of clothing limited visual and Individual expression, and when you wear the same types uniforms for a very longtime, you may have aesthetic fatigue on it. And also there are lots of students and workers claim that having rules about what types of clothing they can wear limited their freedom.

people have different point of view on the event, but I think the most important job for a student or a worker is to focus on their studies or works, and having rules about the types of cloth they can wear help them saving lots of times and looking well organized.