

# The STAR Method

## *For Behavioral Questions*

### WHY IS IT USED?

- *Demonstrates your ability to reflect on past experiences critically*
- *Showcases problem-solving capabilities and achievements*

### WHAT DOES IT STAND FOR?

**Situation:** Describe the context within which you performed a task or faced a challenge at work. This sets the stage for your story.

**Task:** Explain the specific task or responsibility you had in that situation. What was your role, and what were you trying to achieve?

**Action:** Detail the actions you took to address the task or challenge. This is where you highlight your contributions and problem-solving abilities.

**Result:** Share the outcomes of your actions. What did you accomplish? If possible, quantify your results with metrics or specific feedback to illustrate your success. This doesn't have to be a drastic change!

### Common Behavioral Questions

- Tell me about a time when you faced a significant challenge at work?
- Describe an instance where you had to work under pressure?
- Give an example of how you handled conflict within a team?
- Share an experience where you demonstrated leadership skills?

### Tips For Preparing - STAR to CARRP

**Concise:** Aim for clarity without overwhelming details

**Adapt:** Tailor your examples based on job descriptions

**Reflect:** Identify relevant situations that showcase key skills

**Rehearse:** Practice delivering them, so they sound natural during interviews

**P:** Remain positive in the answer. Even in an inherently negative situation.