

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.