

## INTERVIEW PREPAREDNESS

*S.T.A.R. approach*



*Career Services*

The S.T.A.R. method is a structured manner of responding to a behavioral-based interview question by discussing the specific **S**ituation or **T**ask, **A**ction and **R**esult of the particular circumstance you are describing.

# Situation

or

# Task

Describe the situation or task that you accomplished. Be sure to be specific with your example and give enough details for the interviewer to understand your message.

# Action

Describe the action you took. Be sure to keep the focus on you (Even if you were part of a group). Tell the interviewer what you did, not what you *might* have done.

# Result

What happened? What was the outcome? What did you accomplish? What did you learn?