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.



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