

The STAR method

What is it?

How to **use** it?

Example to help you get started

What is it?

STAR stands for Situation, Task, Action, and Result, and is a useful method to help you answer job application or interview questions.

Each part of STAR will help you tell an effective story (without losing focus).

Situation - Set the scene.

Task - What you needed to do/achieve?

Action - What you did (and why)?

Result - Was it successful, and why? If not, what did you learn?

How to use it?

There are behavioural types of job application or interview questions, that often start with 'tell me about a time when...' which STAR will help you answer. Ahead of your interview, in particular, think of and write down as many STAR examples that you can that can be used for behavioural type questions.

Examples to help you get started.

Interview question: tell us about a time you faced a difficult time a work?

Situation - We were short staffed on a particularly busy bank holiday.

Task - I was the supervisor on shift, and had to ensure that, despite fewer numbers, staff worked as a team, completed their tasks, and that customers were looked after.

Action - I reorganised the floorplan, delegating higher priority tasks, whilst I managed the door and new customers.

Result - With my direction and management, staff were able to do their jobs, and customers were left satisfied.

Not sure what your **next steps** are?
Get in touch today!