

The STAR Method

The STAR Method is a structured manner of responding to a behavioral interview questions by discussing the specific Situation, Task, Action, and Result of the situation you are describing.

- **Situation**
 - Describe the situation that you were in or the task that you needed to accomplish. You must describe a specific event or situation, not a generalized description of what you have done in the past. Be sure to give enough detail for the interviewer to understand. This situation can be from a previous job, from a volunteer experience, or any relevant event.
- **Task**
 - What was the goal that you were working toward?
- **Action**
 - Describe the actions you took to address the situation with an appropriate amount of detail and keep the focus on YOU. What specific steps did *you* take and what was *your* particular contribution? Be careful that you don't describe what the team or group did when talking about a project, but what you actually did. Use the word "I" not "we" when describing actions.
- **Result**
 - Describe the outcome of your actions and don't be shy about taking credit for your behavior. What happened? How did the event end? What did you accomplish? What did you learn? Make sure your answer contains multiple positive results.