



Using the STAR Technique during a job interview

The **STAR** technique stands for **SITUATION, TASK, ACTION, RESULT**, and can be used as a framework to structure your responses to question in interviews. The interviewer is trying to gather relevant information about a specific capability that the job requires. It is a way of answering behavioural interview questions about how you handled certain situations in the past. It is particularly useful when it comes to talking about your experience and what you can bring to your new job. Being prepared and practicing answering job interview questions relevant to the type of position you are applying for will reduce the stress of having the interview and give you more confidence.

Use this guide to write down some of your experiences and how you managed the situation.

S – Situation T – Task A – Action R – Result	SITUATION Describe the situation, where did you work or volunteer?	TASK Describe what you were asked to do or your responsibilities	ACTION Describe what you did, how you did it, and tools you used	RESULT Describe the outcome, what was achieved
SITUATION 1				
SITUATION 2				
SITUATION 3				
SITUATION 4				