

STAR Interview Response Technique

SITUATION...

Describe the context within which YOU performed a job or faced a challenge at work.

TASK...

Describe YOUR responsibility in that situation.

ACTION...

Describe how you completed the task or endeavored to meet the challenge. Focus on what YOU did, rather than what your team, boss, or coworker did.

RESULT...

Explain the outcomes or results generated by the action taken. It may be helpful to emphasize what you accomplished, or what you learned.