



Situation
Task
Action
Results

Prepare for your interview: The STAR method

During your interview you will be asked a range of questions from employers. Although you will not know the exact questions in advance, there are generally common questions you will be asked, such as examples of teamwork or dealing with challenging situations.

As part of your interview preparation, the STAR method can help you plan answers to potential interview questions based on your own life experience. Use the grid below to help you answer the example questions. Use the blank box to answer a question you have found during your interview preparation research.



Example Question & Skill	Situation – describe/outline the situation	Task - what was the challenge?	Action – what actions did you take?	Result – what was the result of your actions?
Can you tell us of a time when you faced a challenging situation. Resilience	<i>Eg: dealing with moving to online learning after school closures</i>			



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Example Question & Skill	Situation – describe/outline the situation	Task - what was the challenge?	Action – what actions did you take?	Result – what was the result of your actions?
Can you give us an example of a situation when you worked as part of a team. Teamwork	<i>Eg: sports team, school project, young enterprise workshop...</i>			