

STAR Interview Method

Many interview questions ask you to describe a time when you demonstrated a particular skill. The STAR method helps you answer these questions with clear, structured examples that show employers what you can do.

What Does STAR Stand For?

- **S – Situation:** Briefly describe the context or challenge you faced.
- **T – Task:** Explain your responsibility or the goal you needed to achieve.
- **A – Action:** Describe the specific actions you took. Focus on what YOU did.
- **R – Result:** Share the outcome and, where possible, what you learned or achieved.

Example

Situation: My school club needed volunteers for a community event.

Task: I was responsible for organising the volunteer schedule.

Action: I created a timetable, contacted volunteers, and coordinated the event team.

Result: All volunteer shifts were filled, the event ran smoothly, and I developed stronger leadership and communication skills.

Top Tips

- Keep your answer focused and relevant.
- Spend most of your time explaining your actions.
- Use examples from school, volunteering, sports, projects, or work experience.
- Practice your stories before the interview.

NEXT STEPS

- ☐ Write down three STAR stories about your experiences.
- ☐ Practise telling each story in under two minutes.
- ☐ Ask a friend, teacher, or mentor to conduct a mock interview.
- ☐ Identify examples that demonstrate teamwork, leadership, problem-solving, and adaptability.
- ☐ Use the STAR method during interviews.