

STAR Technique for Interviews

This playbook outlines the STAR technique, which stands for Situation, Task, Action, Result, to help individuals structure and deliver effective responses to behavioral interview questions.

Step 1: **Situation**

Describe the context within which you performed a task or faced a challenge at work. This can include specific details like the setting, the people involved, and the background to the incident you're discussing.

Step 2: **Task**

Explain the actual task or challenge that was involved. This should clarify what the responsibility was, or what goal you were working toward.

Step 3: **Action**

Detail the specific actions you took to address the task or challenge. Focus on what you did, rather than what your team or manager did.

Step 4: **Result**

Share the outcomes or results of the actions taken. Highlight any accomplishments or what you learned, and if possible, quantify the results with concrete data.

General Notes

Preparation

Before the interview, prepare several scenarios from your past experiences that you can adapt for use with the STAR technique.

Powered by: **PlaybookWriter.com**