STAR Method

The STAR method is a technique that offers a format you can use to answer behavioural interview questions. These are questions that prompt you to provide real-life work examples of how you handled a particular situation or challenge.

S
Situation
Set the scene by providing the background of the situation

T
Task
Describe the task and/or challenge you faced. Who else was involved?

A
Action
Explain the action you took. What were the barriers and what skills you used to get around them?

R
Result
Explain the end result. What did you learn? What would you do differently next time?