

S.T.A.R Method

Step 1

Listen carefully to
the question being
asked



Step 5

Result:

Now finish with the outcome of
your actions and what you
learned



Step 4

Action:
Tell them about the
actions you took to
complete the tasks



Step 2

Situation:
Describe the
situation or event
that happened



Step 3

Task:
Talk about the task
you were doing at
the time

