

WHAT ARE STAR QUESTIONS?

S

SITUATION

Start your story by painting a specific picture of the situation you faced.

- What was the exact situation?
- Who was involved? (Address them by name)
- Why did the situation happen?

T

TASK

Use this opportunity to explain your specific role in the task.

- Why were you involved in the task?
- What is the background story?

A

ACTION

Discuss, very specifically, the actions you took to resolve the situation.

- What steps did you take to resolve the situation?
- Why did you choose to complete tasks this way?

R

RESULTS

Clearly detail the results of your actions and highlight your strengths.

- What was the outcome?
- How did you feel about the result?
- What did you learn?
- How did this situation influence who you are today?