STAR Technique

It is best to use accomplishment or STAR statements when responding to behavioural interview questions.

Accomplishment or STAR statements describe your skills, experiences and achievements.

Situation  Detail the background, provide a context. Where? When?

Task  Describe the challenge / expectations. What needed to be done? Why?

Action  Elaborate on your specific actions. What did you do? How? What tools did you use?

Result  Explain the results, accomplishments or achievements you made.

Tell us about a time where you succeeded in a project. What was your role? What was the result?

During my 2nd year of the Computer Systems Technology – Software Development and Network Engineering Diploma Program, I was taking a course on Computer and Network Security.

We were given a group assignment and I was selected to lead group and was responsible for delegating tasks to the team members.

We developed and delivered a presentation to the class on security solutions. I delivered key points of the presentation, led an interactive activity and engaged the class.

Our project received a 93% and allowed students to learn more about the topic.
While there are an unlimited amount of possible behavioural questions a Hiring Manager could ask you, there are several specific categories they all fall into:

- Teamwork / Collaboration
- Problem Solving
- Initiative / Leadership
- Communication Skills
- Conflict Resolution
- Pressure / Stress / Meeting Deadlines
- Teamwork / Collaboration
- Problem Solving
- Initiative / Leadership
- Communication Skills
- Conflict Resolution
- Pressure / Stress / Meeting Deadlines

Use the space below to practice and prepare your STAR story for: ____________________________

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<tr>
<th>Situation</th>
<th>Task</th>
<th>Action</th>
<th>Result</th>
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Need help practicing and preparing responses to interview questions? Make an appointment with an Employment Consultant!

TRAF D103 ext.2533  HMC A247 ext.2528  DAVIS B230 ext.5400