

## STAR Interview Worksheet

To help you prepare and practice for your next interview, consider using this **STAR** Interviewing method for behavioral based interview questions, which are questions about how you reacted to certain situations in your past experiences. This easy-to-use **STAR** worksheet can be printed and used to prepare in advance. You can also research common STAR interview questions and other tools and templates for additional support and practice.

<b>Behavioral based interview question</b>	<b>S</b> ituation <i>(Talk about the situation; provide context and background on the issue)</i>	<b>T</b> ask <i>(Explain the task, problem or challenge you took responsibility for completing)</i>	<b>A</b> ction <i>(Describe the actions <b>YOU</b> took to resolve the issue or complete the task)</i>	<b>R</b> esults <i>(Explain the results, outcome of your actions. Quantify your results)</i>
Example: Share a time when you resolved a difficult situation.				