The STAR Method

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Explain the situation so that your interviewer understands the context of your example, they do not need to know every detail!



Next, talk about the task, problem, or challenge that you took responsibility for completing, or the goal of your efforts.



Describe the actions that you personally took to complete the task or reach the end goal. Highlight skills or character traits addressed in the question.



Explain the positive outcomes or results of your actions or efforts. Here, it is important to highlight quantifiable results.

20%

10%

60%

10%