

INTERVIEW PREPARATION USING THE STARR TECHNIQUE

Use this worksheet to help you structure your interview questions. Use the STARR step by step technique to answer each interview question in a systematic approach to ensure you don't forget the important stuff.

		Examples	Additional Notes
S ituation	Describe the situation you were in or the task you needed to accomplish		
T ask	Describe the challenges and expectations. What needed to be done and why?		
A ction	What specific action did you take? What exactly did you do and how did you do it?		
R esult	Explain the result including your achievements and outcome		
R eflections	What did you learn about your approach, or about yourself? What would you do differently next time?		

"The question isn't who is going to let me; it's who is going to stop me" AYN RAND