

Excercise: STAR Technique

Let's dissect an answer that uses the STAR technique!

We'll cover the following



- Practice

Practice

Which of the four parts of STAR is missing from this answer and how does this missing part negatively affect the answer's overall strength?

Question: Give me an example of a time you did something wrong. How did you handle it?

Answer: During my junior and senior years of college, I worked at a Poké place that was run by a couple. I worked as a dishwasher, chopper, custodian, and general cleaner. The store was very small, so the three of us were the only ones working. One especially busy day, I was tasked with making a Poké bowl for a customer. Making a Poké bowl is super simple, but today was very busy and making a bowl (on top of my other responsibilities) made things quite stressful. Since I was so busy, I rushed with making the bowl and finished it quickly. When I was walking back to the kitchen, however, I hit the bowl and it flew onto the ground. The bowl was ruined and I had to remake the bowl.

 Hide Answer

The act of remaking the bowl _____ like it satisfies the “result” section of STAR, but does it really? A better “result” might be what you would do differently in the future.

Now that you have spent time preparing, let's gain some insight from other

disciplines.