

# The STAR Method for Interviewing

The acronym stands for Situation, Task, Actions, and Results and it simply summarizes the structure of your academic and work experience.



## 1 SITUATION

Set the stage by describing a specific event or situation and any relevant background information. Be specific and succinct.

Use examples from internships, classes and school projects, team participation, community service, and work experience.

## 2 TASK

Explain the Task you had to complete highlighting any specific challenges or constraints (e.g, deadlines, costs, other issues).

## 3 ACTIONS

Elaborate YOUR specific action. What specific steps did you take and what was your particular contribution?

## 4 RESULTS

Explain the results of your efforts: what did you accomplish?

Wherever possible, quantify your achievements.—e. g., “xx% improvement in ...” or “reduced manufacturing costs by xx dollars per year ...”