

# The CAR Model Worksheet

This model provides a great set of building blocks to answer questions about how you dealt with a challenge you faced.

In this model:

This...	Stands For...
<b>C</b>	<b>Challenge.</b> Here, provide details about the problem/hurdle that you had to overcome.
<b>A</b>	<b>Action.</b> Here, state the steps you took to solve the problem or deal with the challenge.
<b>R</b>	<b>Result:</b> Here, state the outcomes of your actions. Include the long term impact of your actions as well.

**Exercise: Use this format to answer the following question:**

How do you handle tight deadlines and high-pressure situations?

Challenge

# The CAR Model Worksheet

ACCA

Action

Result