

# Behavioral Interviews: Response Frameworks

## The STAR Method

- **Situation** - Describe and provide relevant details
- **Task** - Describe your assignment/role in the situation
- **Action** - How did you address the situation?
- **Result** - Explain the outcome, learnings, and achievements

## The ATOLA Method

- **Actions** - What actions did you take?
- **Thinking** - Why did you approach it this way?
- **Outcome** - What was the result?
- **Learnings** - What did you take away from this?
- **Application** - When did you use what you learned in a different situation?

