

## Respond Like a STAR Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Now, it's time to come up with your own **STAR** examples to use in the job interview. Think of a situation that you handled really well at school, work, or a volunteer job. Use that situation as your **STAR** example.



### Situation:

**What is the situation?** Make sure the situation ends positively and is about work, school or volunteer experiences. Write 2 – 3 sentences.

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### Task:

What were the tasks involved in the situation? In other words, what were your duties or responsibilities related to the situation? Write 1 – 2 sentences.

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### Action:

How did you handle the situation? What action did you take? This is the part where you make yourself look good by handling a situation appropriately. Write 2 – 4 sentences.

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### Result:

What happened at the end? How did things work out? The actions you took should have led to a positive ending. Write 2 – 3 sentences.

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