

STAR Method



Situation Task Action Results

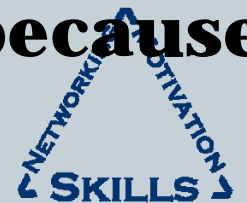


Situation: Give an example of a situation you were involved in that resulted in a positive outcome.

Task: Describe the tasks involved in that situation.

Action: Talk about the various actions involved in the situation's task.

Results: What results directly followed because of your actions.



Situation Task Action Results



- **Determine goal job**
- **Choose 3-5 skills/abilities that employer will be looking for in this goal job**
- **Develop STAR scenario for each skill/ability**
- **Continue capturing more STARs**



Situation Task Action Results



- **Continue capturing additional STARs, drawing on skills from your:**
 - **Education**
 - **Work experience**
 - **Leadership**
 - **Community involvement**
- **Practice verbalizing STARs.**

References:

- MIT Career Development Center, <http://web.mit.edu/career/www/guide/star.html>
- Carlson School of Management, <http://www.csom.umn.edu>



STAR Method



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