

# STAR Interview Approach

Use this worksheet to practice brainstorming SPECIFIC examples to draw upon when asked behavioral questions in an interview (such as “Tell me about a time when you worked with a team” or “Describe to me a situation where you had to meet a deadline.”). Be sure to think of a specific **situation/task**, then describe the **action** that YOU took in the situation/task, and finally end your answer with a positive **result**.

## **Skill(s):**

Brainstorm specific skills that you used in a certain situation that you can draw upon in your answer

---

## **Situation or Task:**

---

---

---

---

## **Action:**

---

---

---

---

## **Results:**

---

---

---

---

---

---