

## STAR METHOD

**Assignment:** Take (1) on the questions below and answer it using the STAR Technique. Use page (2) to fill in your answers. Upload completed assignment when finished.

- **Situation** – describe the situation, problem, or issue that you encountered.
- **Task** – describe the tasks/responsibilities you took on to help solve the problem.
- **Action** – discuss the steps you took to affect a solution.
- **Result** – describe the positive results of your actions.

### Sample STAR questions

Questions:

1. In your own words, define the word “challenging”. Tell me about the most challenging course you have ever taken.
  
2. Tell me about a job or difficult course where you picked up things more quickly than others.
  
3. Give an example of a specific job condition, task, or assignment that was particularly displeasing.
  
4. Tell me about a time when you had to overcome a major obstacle that stood in the way of you accomplishing a goal or commitment. How did you approach the situation?

5. Tell me about a time when you had to work closely with a coworker whom you disliked or with whom you had trouble working. What did you do to make the relationship work so you could succeed for your company?

S (Situation)

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T (Task)

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A (Action)

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R (Result)

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