

STAR practice

A great way to answer competency-based interview questions is using the STAR technique.

Situation - Task - Action - Result

Think of a situation where you overcame a challenge and use this guide to structure it with the STAR technique. Take a look at our other resources for more guidance on how to use STAR and preparing for competency-based questions.



Situation

Give some context for your answer.
When, where and what was the challenge?

Task

What was required of you
in the situation?

Action

What did you do to overcome
the challenge or task?

Result

What was the outcome and how did your
actions resolve the challenge?