

The STAR model

This is a method you can use to develop examples that illustrate your strengths.

Review each situation, noting who was involved, what your role was, the order of events and the outcome.

S Situation	What was the situation? Who was involved? Use a specific example.
T Task	What task did I perform? What problem existed? What was my role?
A Action	What action did I take? What did I do? How? What obstacles did I overcome?
R Result	What did I achieve? What did I learn? What feedback did I receive?