

USING THE STAR TECHNIQUE TO PREPARE FOR INTERVIEWS



Job Interviews

Job interviews are nerve-racking for everybody, but if you don't have much experience, or it is your first interview, it can feel especially daunting.

- "What will they ask me?"
- "What if my mind goes blank?"
- "What if I don't understand the questions?"
- "How can I talk about my relevant experience if I don't have any?"





Describe a time
when you...

Competency-based questions are very common in interviews.

They are designed to see whether you have the skills, knowledge and behaviours needed for the job.

Competency-based questions might start with

- "Describe a situation where..."
- "Tell us about a time when..."
- "Give me an example of when you..."

These kinds of questions force you to think on the spot so they can be tricky...
...unless you are prepared!

STAR

SITUATION

TASK

ACTION

RESULT

The good news is that a simple method called the **STAR Technique** can help you to answer questions clearly and precisely at interview, even if you don't have any work experience.

STAR stands for:

SITUATION – describing what happened and where

TASK – explaining what you were doing

ACTIONS – describing what actions you took and skills you used

RESULT – describing the outcome and what you achieved





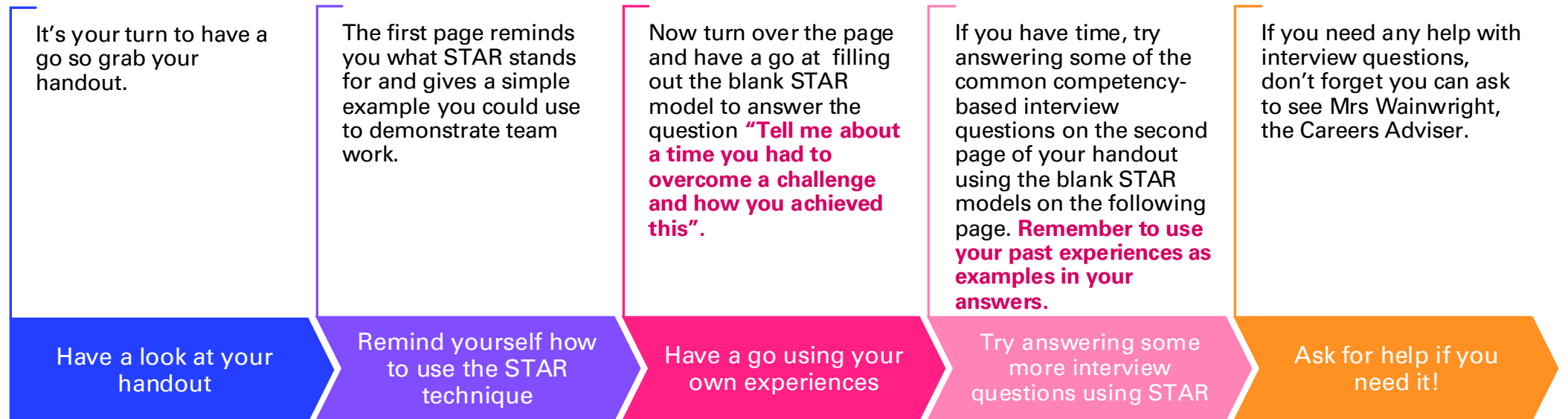
SO, HOW DO YOU ACTUALLY USE THE STAR TECHNIQUE?



This [short video](#) explains what the **STAR Technique** is, and gives an example of how to use it.

The example in the video describes the skills gained through a hobby, not a job, so you can see how the experiences you have gained in and outside school can be used to demonstrate the skills employers are looking for.

Over to you...



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THANK YOU