



The STAR Method

The **STAR Method** is a great way to answer behavioral interview questions to keep your responses concise and focused.

S

SITUATION

Provide the background details of the event, experience or situation.

T

TASK

Explain what your responsibilities were in this situation.

A

ACTION

Describe how you addressed or accomplished the task.

R

RESULTS

Illustrate the final outcomes of the situation.

What are behavioral interview questions?

Behavioral interview questions ask you to give **specific examples** of when you demonstrated particular behaviors or skills. This helps employers predict how you will succeed in the future.

Example Question:

Tell me about a time when you had too many things to do and how did you handle this?

Example Answer:

During my senior year at UAlbany, I needed to prepare for two mid-terms but during the same week, the student organization I was heavily involved in, the Japanese Student Association was hosting a big movie event (SITUATION). In order to not get overwhelmed, I needed to multitask but at the same time prioritize the tasks I needed to complete first (TASK). I created a schedule for the busy week ahead and made sure I had sufficient time to study for my mid-terms. Since I had dedicated times to study, I also was able to find time to help plan the final logistics of the movie night (ACTION). In the end, I got A's on both mid-terms and we had a large turnout for our movie night at the Japanese Student Association (RESULT).

