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

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

**TASK**
Explain what your responsibilities were in this situation.

**ACTION**
Describe how you addressed or accomplished the task.

**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**).