**STAR Interviewing Response Technique for Success in Behavioral Job Interviews**

**One strategy for job-seekers preparing for behavioral interviews is to use the STAR Technique, as outlined below. (This technique is often referred to as the SAR and PAR techniques as well.)**

|  |  |
| --- | --- |
| **S****ituation or** **T****ask** | Describe the situation that you were in or the task that you needed to accomplish. You must describe a specific event or situation, not a generalized description of what you have done in the past. Be sure to give enough detail for the interviewer to understand. This situation can be from a previous [job](http://www.quintcareers.com/STAR_interviewing.html), from a volunteer experience, or any relevant event. |
| **A****ction you took** | Describe the action you took and be sure to keep the focus on you. Even if you are discussing a group project or effort, describe what you did -- not the efforts of the team. Don't tell what you might do, tell what you did. |
| **R****esults you achieved** | What happened? How did the event end? What did you accomplish? What did you learn? |