

Preparing for the interview

Using the STAR method

Preparing for interview

Interviews can be a nerve-wracking experience for anyone, regardless of whether you have been to an interview, or if you have never had an interview before.

The STAR method is a helpful technique that can be used in an interview to help to answer a situational question, which are the types of questions that typically ask you to describe or explain a situation or task and how you responded to it.

These types of questions can sometimes be the most difficult to answer on the spot, particularly for a young person who might be interviewing for the first time and may struggle to recall examples under pressure.

We've shared some helpful tips below for how you can help your child to practise and prepare for these types of questions.

What is the STAR method?

The STAR method is broken down into 4 steps:

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|-----------|--|
| Situation | Describe the situation that you were in or a task that you needed to achieve |
| Task | Explain what the goal was or what needed to be done |
| Action | Describe the action you took to address or resolve the situation |
| Result | Describe the results or outcome of your action |

To take this method a step further, you can add 'Reflection' at the end. This will provide an explanation on how the individual felt the situation was handled and if anything would be done differently.

Why use the STAR method?

The STAR method helps you to be concise and clear in your answers and provide real examples of strengths and attributes that the employer is looking for.

The employer will often ask these types of questions to get an understanding of how you might react to a situation or what your thinking is in your approach to a task, so this is an opportunity for those interviewing to share examples that demonstrate such strengths and attributes positively.

