

# Preparing for the interview

## Using the STAR method

### Example of the STAR method

#### Describe a problem you had recently and how you solved it

In my personal time, I play football and for the last year I have volunteered to run our social media accounts.

January was a particularly busy time for me with my A Level study and part time job, and I was concerned I would not be able to meet the weekly target of sharing 10 posts. I explained the situation to our coach and asked if a member of the team could help me for the first two weeks. I created a template that they could use with guidelines and provided 5 examples that they could learn from.

My teammate was very grateful and was able to quickly help in keeping the account going so we still met our target. It was also really positive in helping to teach someone else the process so we can ensure someone can help or cover in future situations.

### Helping your child to practise

We have provided a list of 4 example interview questions for you to ask your child and to help them to start thinking about how they could respond using the STAR method. Using a piece of paper and a pen, ask them to note their response to each of the questions below:

1. Can you describe a stressful situation you have been in and how you handled it?
2. Tell me about a time when you performed well under pressure
3. Can you give me an example of a goal you met?
4. Can you give me an example of a goal you couldn't meet and how you handled it?

### Top tips for using the STAR method

When helping your child to think of examples and form their answers, try to encourage them to think about the below:

- Describe a specific event or task that they were involved in
- Give enough description for the interviewer to understand, but concisely and clearly
- Keep the focus on them and what they did, as opposed to the team
- Don't be shy about their contribution, it is ok to take credit for their work
- Remember to link it back to the strengths and attributes the employer is looking for
- Make sure your answer includes positive results

