

# S



# T



## LISTENING EXERCISE: THE S.T.A.R METHOD

# A



# R



1. What is a behavioral interview? How does it differ from a hypothetical question?
2. Why are "Result" and "Action" often the most forgotten parts of an answer, and why are they actually the most important?
3. The video mentions that an interview is "not the time to be modest." How does the speaker suggest you balance "bragging" with professionalism?
4. What does each letter in the "STAR" acronym stand for? Briefly define each component.  
S:  
T:  
A:  
R:
5. How can a student or someone with limited work experience still use the STAR method effectively? What alternative experiences does the video suggest?
6. What is the recommended time limit for a single STAR story to keep the interviewer engaged?
7. Why is it important to use "I" statements instead of "we" statements when describing your actions?
8. What is the "therapeutic pause," and how can it help a candidate who is struggling to think of an answer on the spot?