

Presenting Your Best Self: Interview & Communication Skills

STAR Method Practice Worksheet

What is the STAR Method?

Use the STAR method to structure clear and confident answers in interviews.

S – Situation

What was happening? When and where?

T – Task

What was your responsibility or goal?

A – Action

What did YOU do? (Be specific.)

R – Result

What happened because of your actions? What did you learn?

Practice Question

Choose ONE question to answer:

- ☐ Tell me about a time you showed leadership.
 - ☐ Describe a challenge you faced and how you handled it.
 - ☐ Tell me about a time you worked successfully in a team.
 - ☐ Describe an achievement you are proud of.
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Step 1: Brainstorm Your Example

S – Situation

What was the situation?

T – Task

What was your responsibility?

A – Action

What specific actions did YOU take?

R – Result

What was the outcome? What did you learn?



Step 2: Turn It Into a Strong Answer

Use this sentence starter if helpful:

“Thank you for the question. One example that comes to mind is...”

Write your full answer below (60–90 seconds):

 Self-Reflection

After practicing, answer:

1. What did I do well?

2. What can I improve?

3. One strength I demonstrated:
