

STAR interview answer worksheet

Use one real event per worksheet. Write notes that you can explain in your own words.

Question or skill being tested

[Question and the requirement it relates to]

Situation

[Where and when did this happen? What was the relevant context?]

Task

[What were you personally responsible for? What had to be achieved?]

Action

[What did you do first? What did you check or decide? What did you do next?]

Result

[What happened? What evidence supports this? What did you learn?]

Follow-up details

[What was difficult? What would you change? Which parts were your work?]

Rehearsal notes

[Which detail can you shorten? Which action needs a clearer explanation?]