The STAR model helps you to structure your responses to ensure you are providing a well rounded answer that provides evidence of previous experience in a certain situation.

The STAR model will help you structure your responses:

**Situation:** Describe the situation. When was it? What was your position?

**Task:** What was the task, problem or issue?

**Action:** What specific actions or steps did you take?

**Results:** What was the outcome that was achieved as a result of your actions?