

MOCK INTERVIEWS

Career Center for
Life Calling

EFFECTIVE FORMULA FOR ANSWERING BEHAVIORAL INTERVIEW QUESTIONS

Use the STAR method to answer behavioral interview questions: **S**ituation, **T**ask, **A**ction, **R**esult. To help you prepare for your interview, use the STAR method to develop a story related to each skill area below, as well as skills relevant to the position you are applying for. When telling your story, describe the **Situation** you were in, the **Task** you needed to accomplish, the **Actions** you took to accomplish said task and the **Results** of your experience.

Write a S.T.A.R story for the top skills employers are seeking:

Self awareness	Adaptability
Team development	Innovation
Intercultural competency	Problem solving
Interpersonal development	Well-being

S SITUATION	T TASK
A ACTION	R RESULT