

STAR Method Interview Notes Sheet

S â€“ Situation

Describe the context, company, project, or challenge.

Describe the context or background...

T â€“ Task

What was your responsibility or objective?

State your role or the task at hand...

A â€“ Action

Describe what you did specifically and the steps you took.

Detail the actions you took...

R â€“ Result

What was the outcome? Quantify impact if possible.

Summarize the results and impact...