

STAR Method Interview Notes Sheet

S – Situation

Describe the context, company, project, or challenge.

Describe the context or background...

T – Task

What was your responsibility or objective?

State your role or the task at hand...

A – Action

Describe what you did specifically and the steps you took.

Detail the actions you took...

R – Result

What was the outcome? Quantify impact if possible.

Summarize the results and impact...