

# Using the STAR Technique

Worksheet for interview preparation

---

STAR Steps		Example	On reflection: How could I improve?
S	<b>Situation</b> This allows you to set the background for your story.		
T	<b>Task</b> What was required of you? What was your role?		
A	<b>Action</b> Explain what you actually did.		
R	<b>Result</b> How well did the situation play out?		

---

Download similar resources at [www.careerkickstart.rbs.com](http://www.careerkickstart.rbs.com)

View Early Careers opportunities at [yourpassionyourpotential.rbs.com](http://yourpassionyourpotential.rbs.com)