What is the STAR Method?

A four-part **storytelling** technique (**S**ituation, **T**ask, **A**ction, **R**esult) that allows you to inform, impress, and compel your qualifications for a job. Using this technique from beginning to end during your job search can help **showcase your skills, knowledge, and accomplishments** while impressing the employer:

Cover Letter | Construct body paragraph(s) with samples of your work to showcase your skills.
What you did in a relevant task + how you did it + results of your work

Resume | Describe your job responsibilities and key accomplishments.
What you did in the position + how you did it + results of your work

Interview | Prepare responses to behavioral-based interview questions.
What you did in a specific situation + how you did it + results of your work

Draft Your STAR Stories

Telling a story can help you provide **focused** and **relevant** information about the work you do to a potential employer, qualifying you as the perfect fit for the job. **Review the job description** to identify what the employer is looking for then draft your work examples:

Situation | Provide context and background information to create the basis of your example.
Where? What? When?

Task | Describe the task you were assigned and the expectations.
What goal were you working toward? What needed to be done and why?

Action | Share the actions **you** took to address the situation, focusing on **your** contributions (use "I").
What and how did you do it? What tools and resources did you use?

Result | Describe your positive results. Share how you resolved the problem.
What did your actions improve (processes, academic progress, increased revenue/sales/attendance)?

Struggling with your STAR stories? Use this Post-It example (one per story) to draft shorthand results-focused examples. Reference the job description to find 4-6 core items that drew you to apply and Brainstorm Your Accomplishments. Then **practice your stories** with another person or in front of the mirror. You don't need to memorize them, but you want to feel confident in your delivery.

Additional Resources

- Learned | You can also share what you learned and would do differently in the future.
- Michigan State University | STAR Method Example
- FPU Career Development Center | Prepare and Practice Your Responses

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