

The STAR interview method gives you an excellent simple to use framework when creating your answers.

Here's what STAR stands for:

1. **Situation:** Open with a brief description of the Situation and context of the success story (who, what, where, when, how).
2. **Task:** Explain the Task you had to complete highlighting any specific challenges or constraints (eg deadlines, costs, other issues).
3. **Action:** Describe the specific Actions that you took to complete the task. These should highlight desirable qualities without needing to state them (eg initiative, leadership, understanding)
4. **Result:** Finish with the result of your actions. Include figures to quantify the result if possible (eg 10% increase in sales or profit).