

Using the STAR Method in Interviews

FOR MORE, VISIT
careers.humber.ca/resources

INTERVIEW PREPARATION RESOURCE

Reflecting on your Experience

Using the STAR method, complete this chart to recall your experiences.

SKILL	NAME OF STORY	S SITUATION	T TASK	A ACTION	R RESULT
Strategic Problem Solving					
Collaboration					
Leadership					



RESOURCES

CAREER
RESOURCES
Humber Advising &
Career Services

FOR MORE, VISIT
careers.humber.ca/resources

Innovation					
Professionalism					
Equity, Diversity & Inclusion					