The **STAR method** is an interview technique which provides a structured format to answer competency-based interview questions by breaking down responses in the four components.

This framework helps with organising your answers in a way that demonstrates your skills and abilities effectively.

S
SITUATION

Start by explaining the situation so that your interviewer understands the context of your example.
Set the scene!

T
TASK

Next, talk about the problem or challenge you took responsibility for.

A
ACTION

Describe the actions that you took to reach the end goal. Highlight the skills you used.

R
RESULT

Explain the outcome of the actions you took, describing the benefits / rewards from the scenario.

karbon
homes