

Be an interview STAR!



To effectively prepare for a behavioural interview, you might find it useful to think of a few examples you could use in the interview. Think about things you have done really successfully, things you are proud of. You may also want to think of examples of experiences which you have learnt from and improved on. Having had a look at the profile for the job, you should have an idea of some of the areas the interviewer may question you on.

A useful way of approaching an answer to interview questions is to structure your answer using the **STAR** technique. It helps you answer questions clearly and to the point!

S - What was the **SITUATION**?

T - What was the **TASK**?

A - What **ACTION** did YOU take?

R – What **RELATIONSHIPS** did you build?

R – What was the overall **RESULT**?

R – In **REFLECTION**, what did you learn? What would you do differently next time?

TIP! - When you are responding to questions make sure you are telling the interview panel what **you** did, not what **we** did, for example the team or you and your colleague. An interview is about selling yourself as the perfect person for the role after all, so the interviewer/s will want to know what you specifically did.