**STARR method**

**Situation**

* Please describe the situation that you were in or the task that you needed to accomplish. Describe a specific event or situation, not a generalized description of what you have done in the past.
* (This situation can be from your current job, a previous job, from a volunteer experience, or any relevant event).
* What were the main issues involved in the situation?
* What was the desired outcome?

**Task**

* What exactly was your task/role/responsibility in this situation?
* What goal(s) were you personally working toward?
* What needed to be done in view of this goal(s)?
* What obstacles had to be overcome?
* Who had the final responsibility?
* With whom did you collaborate?

**Action/Approach in relation to the particular skill**

* How did you start?
* What were the steps you took ?
* Why did you do it this way?
* What was your particular contribution?

**Results & Reflection**

* What was the outcome?
* What did you accomplish?
* How did it change things at work?
* What lessons did you learn from this event?
* How could you apply this to other tasks?
* How could you apply this to the postion you applied for?
* What would you do differently next time?