SNUGCV PRINTABLE

STAR story worksheet

Six to eight real stories cover most interviews. Write each from your resume bullets, tick the questions it can answer and say it aloud in 90 seconds to two minutes. Say we for the situation and I for the action, and never invent a story.

1 Story 1

Situation Where and when, in a sentence or two

Task What your job was in that moment

Action The steps you took. Most of your time goes here

Result What happened. A true number if you have one

☐ Teamwork ☐ Conflict ☐ Problem solving ☐ Pressure ☐ Initiative ☐ Failure ☐ Leadership ☐ Customers ☐ Change ☐ Integrity

2 Story 2

Situation Where and when, in a sentence or two

Task What your job was in that moment

Action The steps you took. Most of your time goes here

Result What happened. A true number if you have one

☐ Teamwork ☐ Conflict ☐ Problem solving ☐ Pressure ☐ Initiative ☐ Failure ☐ Leadership ☐ Customers ☐ Change ☐ Integrity

3 Story 3

Situation Where and when, in a sentence or two

Task What your job was in that moment

Action The steps you took. Most of your time goes here

Result What happened. A true number if you have one

☐ Teamwork ☐ Conflict ☐ Problem solving ☐ Pressure ☐ Initiative ☐ Failure ☐ Leadership ☐ Customers ☐ Change ☐ Integrity