Appendix 5 - Star Method

The STAR technique can help you see the result of your actions and unpack it completely and effectively. Each letter in the acronym reminds you to describe the **situation** or **task**, the **action** and the **result**:

- **ST** • **Situation or task**: Describe the situation, task, project, challenge, etc.
- **A** • **Actions**: What was said or done to address the situation or task
- **R** • **Results**: Describe what changed, for better or worse, as a result of the actions, including the impact and consequences of the outcome

**STAR EXAMPLE**

At a team meeting, my co-worker asked for help to support her during one of her meetings (ST). I volunteered my services as a note taker even though I was busy (A). I was able to demonstrate my ability to work as a team and be a collaborator. This allowed my team projects to be up to date (R).