

# > STAR Model

## Worksheet

Now you need to think a little more about **yourself** and focus on some of the **specific skills** that will make you **stand out** to an employer, college or university in the **future**.

Use the STAR model below to show how you have used your skills and qualities in a particular situation.

This technique highlights your talents and can be used in future job interviews.



## The STAR model

### **S**ituation

Describe the occasion when you used the skill or quality and gained the experience.

### **A**ctions

What did you do and how did you do it?

### **T**ask

What was your role / task to be completed?

### **R**esults

What did you achieve? What was the end result and how does it relate to a job you may want to apply for in the future?

### Situation

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### Task

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### Actions

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### Results

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