



STAR Interviewing Practice Worksheet

Use the following worksheet to prepare answers to behavioral interview questions using the STAR format. Using these notes as a guide, practice answering these questions aloud in preparation for your next interview. This worksheet only touches on a few behavioral interview questions. Ideally, you will want to prepare answers to more behavioral questions in addition to those provided here. If you are having trouble completing this worksheet, be sure to watch the brief STAR Interviewing Workshop and revisit the STAR information in the Interviewing Practice Guide.

Tell me about a time that you made a mistake and how did you handle it.

Situation	Task	Action	Result

Give an example of how you've worked well on a team.

Situation	Task	Action	Result

How have you handled a disagreement with someone at work or school?

Situation	Task	Action	Result

Tell me about a problem that you solved in a creative or innovative way.

Situation	Task	Action	Result

Think about a past experience where you were positively motivated to complete a task or project or to succeed in your position/role and briefly describe what motivated you.

Situation	Task	Action	Result

