STAR Story Builder

Prepare 3 to 5 stories you can adapt to almost any behavioral question. One good story can answer five different questions.

How to use it: pick a real moment (class project, freelance gig, job, club, convention). Fill in S, T, A, R. Make the Action the longest part, and say what **you** did, not just what "we" did. Then list the questions this story could answer.

Story 1

Story title e.g., "The missing prop on set"

S | Situation Set the scene

T | Task What was your job?

A | Action What did YOU do? Be specific.

R | Result Outcome. Use a number if you can.

Questions this story answers List 2 or 3

Story 2

Story title e.g., "The missing prop on set"

S | Situation Set the scene

T | Task What was your job?

A | Action What did YOU do? Be specific.

R | Result Outcome. Use a number if you can.

Questions this story answers List 2 or 3

Story 3

Story title e.g., "The missing prop on set"

S | Situation Set the scene

T | Task What was your job?

A | Action What did YOU do? Be specific.

R | Result Outcome. Use a number if you can.

Questions this story answers List 2 or 3

What makes a story strong

- A clear problem or challenge, with real stakes (a deadline, a client, a grade).
- Your specific actions. Interviewers listen for "I," not just "we."
- A result, ideally with a number: hours saved, followers gained, rounds of feedback, placement in a contest.
- What you learned or would do differently. It shows self-awareness.
- Short version for on-the-spot questions? Use CAR: Challenge, Action, Result.
- Aim for 3 to 5 stories. Print this page again for stories 4 and 5.