

STAR(E) Worksheet

SITUATION: Where were you?

Provide the context, describe the event, incident, activity, task or experience that you were involved in.

TASK: What were you expected to do? What was your responsibility in that situation?

Explain the task you were engaged in and identify the challenges that you faced.

ACTION: What action did you take, or strategies did you employ to deal with this situation?

Explain what strategies you employed or what you did to deal with the challenges you faced.

RESULT: What was the result of you taking action?

Explain the results or outcome of your actions.

EVALUATE: How might you do things differently in the future to get a better result. (Optional)

Evaluate why you did what you did in that situation and what you might do differently if given a second chance.