STAR Technique Table

AAMC Association of American Medical Colleges

Competency	Situation	Task	Action	Result
Use this tool to compile examples and practice saying them out loud.				
Example Competency: Ensures Accountability Sample Question: Recall a time you made a mistake while working with or leading others and had to make it right.	Example Answer: While I was at Company A, I was working on a communication project that was to explain a key benefit change and the plan needed to be executed quickly.	My responsibility was to gather input from key partners and create a summary that would be shared with the project team. However, I realized that I had mistakenly overlooked my supervisor.	After noticing my mistake, I quickly informed the Project Team Lead and requested some additional time to gather my supervisor's input in case I was unable to meet the original deadline.	The team appreciated that I took responsibility and the necessary steps to correct my mistake. I was able to deliver a complete summary by the original deadline.