

What is the Career Development Center and how can they help you?

Bethany's Career Development Center provides students with the resources and guidance necessary to successfully manage their career and employment opportunities. Offering a helpful link for students between coursework and the possibilities that await them in the workplace and the community, the Career Development Center actively assists students and alumni to find rewarding and fulfilling vocations or to prepare for graduate school.



Let us know if you have any questions!

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LUTHERAN COLLEGE

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What is the STARR Method?

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blc.edu/career-development





WHAT IS THE STARR METHOD?

- The STARR method is an excellent way to organize your thoughts. STARR is an acronym for five key concepts. Each concept is a step the job candidate can utilize to answer a behavioral interview question. By employing all five steps, the job candidate thereby provides a comprehensive answer.
- **Situation:** Describe the context within which you performed a job or faced a challenge at work.
- **Task:** Next, describe your responsibility in that situation. Perhaps you had to help your group complete a project within a tight deadline, resolve a conflict with a coworker, or hit a sales target.
- **Action:** You then describe how you completed the task or endeavored to meet the challenge. Focus on what you did, rather than what your team, boss, or coworker did.



WANT TO TALK MORE ABOUT THIS TOPIC? WE CAN DO THAT!

Resources that you already have:



Career Development Team



PathwayU



Handshake



Advisors & Professors

The STARR Method Continued...

- **Result:** Next, explain the outcomes or results generated by the action taken. It may be helpful to emphasize what you accomplished, or what you learned.
- **Reflection:** Verbalize the answers to these questions in your response.
 - How did the project go?
 - What did you learn?
 - What will you do differently or the same next time?

