

What is the STAR Format?

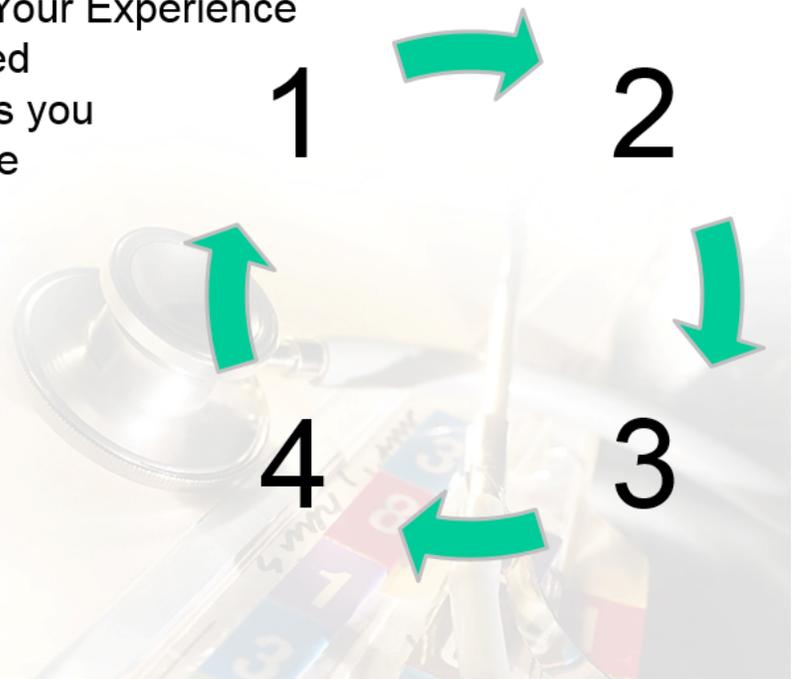
- S – Situation** Describe a specific situation that addresses the question.
- T – Task** Describe the tasks associated with the situation.
- A – Action** Describe the actions you took to address the situation.
- R – Result** Describe the outcome of your action.

Where can I find additional information about Behavior-Based Interviews (BBI)?

There is an abundance of information on the Internet. Some search options include: behavior-based interviews, behavioral interviews, and competency-based interviews.

- 1- Briefly Answer Question
- 2- Give an Example From Your Experience
- 3- State what you've learned
- 4- Describe how this makes you the best candidate for the school you've applied to

Every question should be answered using the formula



What is Behavior-Based Interviewing (BBI)?

Behavior-based interviewing is a technique used in which the job candidate has the opportunity to demonstrate their potential for succeeding in the new job by providing specific examples of how they handled similar situations based on their past experience.

The main difference between this type of interviewing and a regular interview is that rather than merely sharing your opinions or ideas about what you would do in a situation, as in a regular interview, in a behavior-based interview you must describe, in detail, how you handled a situation in the past.

Why use Behavior-Based Interviewing (BBI)?

Behavior-based interviewing approach is one of the best practice that has proven to be far more reliable at predicting a candidate's future job performance than a traditional interview.

How can I prepare for a Behavior-Based Interview (BBI)?

Interviewers will ask questions targeted at the behaviors or qualifications you need to be successful in the job. The following steps will help you prepare to answer these questions.

1. Determine and list the competencies that the interviewer might be looking for by reviewing the duties and qualifications listed in the job announcement.
2. Compare the competencies to your past job history or personal experiences and list examples of how you have previously demonstrated those competencies.
3. Prepare a story with a beginning, middle, and end.
4. Outline some examples, or stories, to show how you demonstrated the competencies in the past.
 - Think not only of examples with positive outcomes, but those with negative outcomes as well. Interviewers may ask you about situations that you could not resolve favorably and what you learned from those experiences.
 - Using the below STAR format will help you provide the specifics the interviewer needs to fully assess your level of experience.
5. Practice telling your stories. For each example you identified, describe what problem occurred, who was involved, what you did to help resolve it, and what the outcome was.