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During an interview, you should be prepared to share examples from your academic, internship, volunteer, and/or work experience. It is especially important to make sure to when addressing behavioral interview questions, as many employers believe that the most accurate predictor of future performance is past performance in a similar situation.

When providing examples and addressing behavioral interview questions, it is important to provide the interviewer(s) with S.T.A.R. responses. S.T.A.R. responses are comprised of:

- - Describe the situation; provide the interviewer with context that sets the stage for the example
- - Help the interviewer understand the task at hand, so they have a sense of what you were trying to accomplish/achieve
- - Describe the action(s) you took within the situation
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- Situation: What was the challenge they faced?
  - Task: What role did you take on to assist them?
  - Action: What steps did you take to support them?
  - Result: What was the outcome, and how did it impact them?
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- Situation: What was the nature of the conflict?
  - Task: What was your goal in helping resolve it?
  - Action: How did you approach the situation?
  - Result: What was the outcome, and how did it affect those involved?
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- Situation: What was the context of the group work or project?
  - Task: What was your role or responsibility?
  - Action: What actions did you take to inspire and lead the group?
  - Result: What was the outcome, and how did it impact the team?

- Situation: Describe the responsibilities you were balancing.
- Task: What was your main objective?
- Action: How did you prioritize and manage your tasks?
- Result: What was the outcome, and how did you feel about your time management?
- Situation: What was the challenging environment or context?
- Task: What was your goal in advocating for them?
- Action: What steps did you take to support them?
- Result: What was the impact of your advocacy?
- Situation: What was the problem or issue?
- Task: What was your goal in addressing it?
- Action: Describe the actions you took to solve it.
- Result: What was the outcome, and what did you learn from it?