

## **STARR(S)**

### Situation

- Explain the situation you were in.
- Aim to answer the questions 'what/where/when', for example, "In the third year of my business studies degree" or "when I was working as a retail assistant in a shop last summer".

### Task

- What did you do, and what did the task or role involve?
- Explain your tasks and responsibilities briefly.

### Action

- What did YOU do to meet the objective of/complete the task?
- You might want to cover what you did and how you did it, including what skills you used.

### Result

- What was the outcome?
- Did you make a difference?
- Can you quantify this?

### Reflection

- What did you do well?
- What didn't go as well as you'd hoped?

### Strengthen

- After reflection, what would you have done differently?
- What could have been improved to achieve an even greater success?