Crafting Your Career Story

Telling your Story to Market Yourself and Answer Interview Questions

Being able to tell recent stories that showcase your skills and career readiness is invaluable when interviewing or interacting with other professionals. Prior to an interview or interaction, reflect and develop stories that relate to career competencies and industry-specific skills. Use varied examples to cover aspects of your education, work experiences and other involvement. This worksheet provides a blueprint with example questions to create stories that highlight your past experiences. Utilize the STAR method to tell a story about your development in each of the eight competencies: Critical Thinking/Problem Solving, Oral/Written Communications, Teamwork/Collaboration, Digital Technology, Leadership, Professionalism/Work Ethic, Career Management and Global/Intercultural Fluency.

**SITUATION**
Set the scenario for your example.

**TASK**
Describe the specific challenge or task that relates to the question.

**ACTION**
Talk about the actions that you took to accomplish the task.

**RESULT**
Present the results that followed because of the chosen action.

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**Leadership**
Tell me about a time when something went wrong at work and you took charge.

**Task:**

**Action:**

**Result:**

**Teamwork**
Have you had to convince a team to work on a project they weren’t thrilled about? How did you do it?

**Task:**

**Action:**

**Result:**

**Conflict Resolution**
Have you handled a difficult situation with a coworker? How?

**Task:**

**Action:**

**Result:**

**Perseverance**
Tell me about a time in which you were able to be very persistent in order to reach goals. Be specific.

**Task:**

**Action:**

**Result:**
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**NACE Career Competencies Icons**

These icons represent the eight career competencies that students should have experience with in order to be career ready at graduation. Look for these symbols next to the interview questions on this handout that highlight these career competencies.