

Interviewing SAR Examples

Situation - Action - Result

The SAR technique answers behavior-based questions and provides examples that show your skills and experience. These examples can be used for different positions as long as they address the question the employer is asking.

Target Job _____

Choose a Topic

You can create a SAR example for each one of these situations:

- Communication
- Problem-solving
- Teamwork
- Customer service
- Conflict management
- Leadership
- Self-starting
- Work ethic
- Life-long learning
- Skills and experience
- Resumé information
- Other

What was the situation?

Briefly explain the situation, your role and the issue or problem:

What action did you take?

Briefly describe what steps you took to resolve the issue or problem:

What was the result?

Briefly describe the positive result and what you learned from the situation: