


> STAR Model

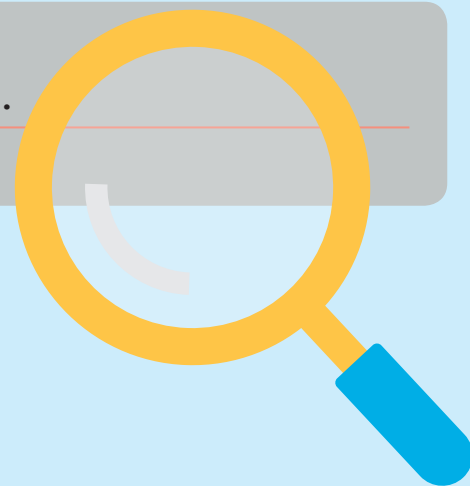
Worksheet



Now you need to think a little more about ***yourself*** and focus on some of the ***specific skills*** that will make you ***stand out*** to an employer, college or university in the ***future***.

Use the STAR model below to show how you have used your skills and qualities in a particular situation.

This technique highlights your talents and can be used in future job interviews.



The STAR model

Situation

Describe the occasion when you used the skill or quality and gained the experience.

Actions

What did you do and how did you do it?

Task

What was your role / task to be completed?

Results

What did you achieve? What was the end result and how does it relate to a job you may want to apply for in the future?

Situation

Task

Actions

Results



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Lesson Plan 5

Employability Skills



Duration: 30 – 45 minutes

Aims:

- For students to understand what employability skills are and why they are important.
- Students to use the STAR model to learn how to showcase their skills.

Skills:

- Understanding Aims and Objectives
- Planning
- Research Skills
- Organisation / Time Management
- Decision Making
- Problem Solving
- Innovation
- Team Work
- Communication
- Leadership

Resources:

- Lesson Plan
- STAR Model Worksheet

Preparation:

- Download and print the STAR Model Worksheet, 1 per student



Activity:

1. Group discussion asking the following questions:

a) What are the skills that employers are looking for? Not subject knowledge or grades but those all-important transferable skills.

Answers

- Understanding Aims and Objectives
- Planning
- Research Skills
- Organisation/ Time Management
- Decision Making
- Problem Solving
- Innovation
- Team Work
- Communication
- Leadership

b) How can you demonstrate these skills when applying for work experience, jobs or courses?

Answers

- i. What you write – CVs, application forms, personal statements
- ii. What you say – interviews



2. Introduce the STAR model:

Situation

Describe the occasion when you used the skill or quality and gained the experience.

Actions

What did you do and how did you do it?

Task

What was your role / task to be completed?

Results

What did you achieve? What was the end result and how does it relate to a job you may want to apply for in the future?

3. Ask the students to think of an example and fill in their STAR Model Worksheet. The example can be a project they have worked on in school or something they have done out of school e.g. playing on a sports team or activities in cadets etc.

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4. Once they have completed the STAR model ask them to identify which employability skill(s) it helped them to develop.

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5. Explain that by explaining situations they have been in using this model is a great way to showcase their skills to future employers and college etc.

