

Your INTERVIEW GUIDE:

Responding to Behavioral Questions using the SARA Model

Tell me about a time when you worked under deadline pressure.

The scenario can come from an internship, school activity, volunteer work, or hobby. Include specific details by using the SARA storytelling method: Situation, Action, Result, Application. Use the worksheet below to construct your story.

What skill is the question asking about? Identify the skill you are trying to demonstrate:

Situation: What is the situation, problem, or conflict that you plan to highlight? The situation provides necessary context and details, making it easy for the listener to follow along.

Action(s): How did you proceed? What actions did you take? What tasks needed to be completed to respond to the situation? The Action piece is where you articulate how you contributed to the team or project, including skills where relevant. Use I statements if possible.

Result(s): Was there a result or positive outcome of your actions? This is where you might quantify or describe a deliverable or a resolution.

Application: What did you learn from this experience (about yourself, skills, the field)? How can you connect your learning to the current opportunity?
