Interview answer bank (STAR journal)

Write each story once as situation, task, action and result, then reuse it. Job Bank suggests planning and rehearsing answers to likely questions.

NAME

DATE

Likely question	Situation	Task	Action I took	Result (number if I have one)	Skill it shows	Rehearsed on
Tell me about a time you worked						
Tell me about a problem you						
Tell me about a time you dealt						
Tell me about a time you learned						

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.jobbank.gc.ca/findajob/resources/prepare-for-interview (checked 2026-11-26)