

STAR MODEL

Reflection Activity



After watching the 'Using the STAR Model and DISC Model' video, complete the below activity, reflecting on your internship.

Situation: Think about a specific situation or challenge you encountered during your internship. Describe the context, including the project, task, or who was involved.

Task: Identify the specific goal or objective you were working towards within that situation. What was expected of you? What were you trying to achieve?

Action: Outline the steps you took to address the task or challenge. What actions did you personally take to tackle the situation? Consider any skills, knowledge, or strategies you utilized to overcome obstacles or achieve your goals.

Result: Reflect on the outcome or consequence of your actions. What was the end result of your efforts? Did you accomplish your goals? What did you learn from the experience, and how did it contribute to your overall growth and development during the internship?
