# Applying STARR

in legal applications
A quick guide

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## S ituation

Give a brief outline of the context

#### ask

What did you want to achieve? what were your aims / objectives?

### A ction

What did you personally do?

#### esult

What was the result?

#### Reflection

Do you have reflections on the event? How have you applied this learning since? What would you do differenty next time?

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#### **ACTION & RESULT**

what you did, how you did it and the challenges you had to overcome.

This is your opportunity to demonstrate your skills and strengths.

**S** ituation

Task

A ction

R esult

R eflection

#### **MOST IMPORTANT!!!**

The description of the situation and task should be brief.

The focus should be on the

**Action and Result** 

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## Some more Hints & TIPS



Task

A ction

R esult

R eflection

- Use **active verbs** e.g. achieved; initiated; organised; resolved.
- Use mainly 'I' not 'we' the reader wants to know about <u>your</u> involvement
- Say it **expressly**, it is likely the reader won't draw inferences
- Avoid use of jargon
- It's better to use one example per criteria rather than multiple
- Don't leave drafting examples until the last minute - be prepared!

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