

## Co-op Institute: PAR Method Activity

Robust, clear answers are a critical part of the interview process. Employers best understand your skills and behaviors when you describe your experience with real-life examples. Use the PAR method to help you answer behavioral interview questions. Below is a prompt to help you outline a strong answer to any behavioral interview question.

<b>Step</b>	<b>Response</b>
<p data-bbox="391 558 613 590" style="text-align: center;"><b>Problem/Project</b></p> <p data-bbox="207 632 797 909">Describe the situation that you were in or that task that you needed to accomplish. You must describe a specific event of situation, not a generalized description of what you have done in the past. Be sure to give enough detail for the interviewer to understand. This situation can be from a previous job, volunteer experience, or any relevant event.</p>	
<p data-bbox="456 999 545 1031" style="text-align: center;"><b>Action</b></p> <p data-bbox="207 1073 792 1245">Describe the action you took and be sure to keep the focus on you. Even if you are discussing a group project or effort, describe what you did – not the efforts of the team. Don't say what you might do, say what you did.</p>	
<p data-bbox="456 1428 545 1459" style="text-align: center;"><b>Result</b></p> <p data-bbox="217 1501 782 1568">What happened? How did it end? What did you accomplish? What did you learn?</p> <p data-bbox="217 1610 782 1711">Also consider – how is what you shared relevant to your current situation? (I.e. how is it relevant to the job to which you've applied?).</p>	