

STARR TEMPLATE



	SITUATION	TASK	ACTION	RESULT	REFLECTION
	Describe the situation you were in or the task you needed to accomplish.	Describe the challenges and expectations. What needed to be done and why?	What specific action did you take? What exactly did you do, and how did you do it?	Explain the result, including your achievements and outcome.	What did you learn about your approach or yourself? What would you do differently next time?
EXAMPLES					
COMMENTS					