So when you're answering a competency based question,

you have to look at it very critically in terms of, okay, what was the situation?

What was the task that I personally was asked to do?

And, what was the action that I did?

Remember, it’s not a ‘we scenario’, this is about you.

This is about bringing your best to the table.

So, you have to look at what I did and then what was the result of what you did based on that STAR principle?

So remember:

Situation.

Task.

Action.

And then, what was your Result?