

# CAR Method

Make employers notice your unique skillset by articulating your professional experiences during networking and interview conversations. Use the CAR method to ensure successful professional answers.

View the [Interview Prep & Practice Webpage](#) for more interview preparation support.



**C**HALLEN**G**E Describe the specific situation. Set up your story. What was the challenge presented?

**A**CT**I**ON What did YOU do to solve the problem? Highlight the skills you used to reach a solution.

**R**ES**U**L**T** What happened? Specify metrics, dollars saved, or resolutions reached.

## STUDENT EMPLOYEE EXAMPLE

**CHALLENGE** In my student employment position, I often speak with visitors unfamiliar with our office processes. Sometimes, I must explain new information in a clear and friendly way.

**ACTION** During my undergraduate studies, I participated in a psychology course that taught me how to break down large tasks into more manageable pieces. We participated in a group project where we had to teach one another a complex task and break it down. I use the analytical process I learned in class in my student employment job almost daily. When a student comes into the office frustrated with a process, I use clear communication to break down the steps into bite-sized pieces.

**RESULT** By thinking critically and utilizing my support resources, I am able to successfully teach my peers to understand larger concepts.

## YOUR TURN!

Try out the CAR method on some of your stories:

**CHALLENGE**

**ACTION**

**RESULT**

