

STARR Method for Reflection

STARR method breaks down reflection into five steps: starting from describing the general Situation and Task, through the Action taken, to analysing the Result, and finally, formulating the lesson learnt. This technique provides a guideline to analyse reactions, showcase qualities and recognise competencies.

Template

Situation

Describe the context of situation

Task

Explain the role and task

Action

Describe the actions considering competence

**S
T
A
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R**

Result

Explain the impacts and effects

Reflection

Present the lessons learnt and steps taken for self-development

Source and further information: <https://www.toolshero.com/personal-development/starr-method/>