

Accomplishment Statements & STAR Story: Nursing

WHAT IS AN [ACCOMPLISHMENT STATEMENT](#)?

These are statements that make up any section of your resumé where you are stating experience, including Education, Related Experience, Volunteer Experience, Extracurricular Activities and Interests. The focus is not on the duties you performed, but on providing evidence of how well you performed them by utilizing the skills that will be valued in your target position.

Two possible formulas for Accomplishment Statements:

Option 1		
Action Verb (s)	What you did/How you did it	Result
Identified	early warning symptoms in patients prone to psychosis, by using keen observation skills and up-to-date knowledge, enabling early intervention strategies to be implemented,	leading to fewer cases of psychotic episodes.

Option 2		
Action Verb (s)	Result	What you did/How you did it
Developed and implemented	personalized care plans for accident victims, leading to faster discharge times, and better patient outcomes,	by using my knowledge of Accident & Emergency procedures.

WHAT IS A STAR STORY?

The [STAR](#) technique can be used in cover letters and for answering behavioural interview questions. The use of STAR technique is an effective way to provide evidence of your skills and competencies, and to highlight your accomplishments from your relevant current or previous jobs or educational experiences in a clear, concise, and structured manner.

Formula: STAR = S (situation) + T (task) + A (actions) + R (results)

STAR Example:

Question: Talk about a time when a patient was appreciative of your support?

S: A few months ago, an accident victim was admitted to the ER with severe damage to his right leg. After stabilizing the wound, the doctor on call noted that, due to the injury, he may not have the use of his right leg for some months and would require physiotherapy after the wound had healed.

T: Knowing that I was familiar with this prognosis and treatment, the doctor asked me to further assist this patient.

A: While I was educating him about the next steps, he broke down in tears. He was afraid that it might be permanent and had many questions about his prognosis. I remained calm and answered his questions, as best I could. I told him that with the proper treatment, and physiotherapy, it was very likely that he would make a full recovery within the next few months. I also referred him to a support group that he could attend while in therapy.

R: Upon hearing this, he calmed down considerably, and thanked me multiple times for clarifying the prognosis in detail. He said he would look into the support group, and that he felt a little more hopeful that he would be okay in time.