

STAR Framework

(Situation → Task → Action → Result)

Core Structure

Situation – Context & pain point

Task – Your specific goal

Action – What you did

Result – Measurable impact

Best used for:

Short projects or single-feature wins where you own most of the work

Fill-in-the-Blank Prompts

S: "Users were _____ because _____."

T: "I needed to _____ within _____."

A: "I _____ by _____."

R: "This led to _____ (metric)."

Quick Example

"30% of new users quit step 3. I had two weeks to raise completion. I rewrote the micro-copy and added progress dots, lifting completion to 68%."

CAR Framework

(Challenge → Action → Result)

Core Structure

Challenge – The obstacle or KPI lag

Action – Your contributions

Result – Tangible change

Best used for:

Portfolio pieces where you had limited influence over scope (e.g. group hackathons)

Fill-in-the-Blank Prompts

C: “ _____ was under-performing by _____.”

A: “I _____ with .”

R: “ improved from _____ to _____.”

Quick Example

“Checkout drop-off was 54%. I mapped the flow and removed two fields; drop-off fell to 32%.”

3-ACT UX Story Framework

(Problem → Process → Outcome)

Core Structure

Problem – User & business stakes

Process – Research, ideation, validation loops

Outcome – KPI lift + future roadmap

Best used for:

End-to-end redesigns or multi-sprint projects where story depth matters

Fill-in-the-Blank Prompts

P: “We discovered ____ affected ____ users.”

P: “Through __ we learned __, leading us to __.”

O: “Post-launch __ increased by __; next we’ll __.”

Quick Example

“Confusing filter UI hurt discoverability for 70% of sellers. After diary studies and wireframe tests we shipped a facet panel; search-to-add-to-cart rose 19%.”

PAR Framework

(Problem → Action → Result)

Core Structure

Problem – Surface-level issue

Action – Key design moves

Result – Visual proof & metric

Best used for:

Quick read-outs for visual-heavy projects (UI refresh, design systems)

Fill-in-the-Blank Prompts

P: “_____ looked/behaved poorly because _____.”

A: “I introduced _____ and _____.”

R: “Time-on-task fell by _____.”

Quick Example

“Search bar blended into the nav. I added contrast and auto-suggest; query success time dropped 4 → 2 s.”

PSO Framework

(Problem → Solution → Outcome)

Core Structure

Problem – Unmet need

Solution – Proposed design

Outcome – Expected benefit

Fill-in-the-Blank Prompts

P: “_____ can’t _____.”

S: “We designed _____.”

O: “Usability tests predict SUS 85/100.”

Best used for:

Concept pieces or academic projects where metrics are projections

Quick Example

“Elderly users can’t adjust font size. We created a one-tap toggle; hallway testing forecasts SUS 87.”