

PAR Test Practice Test Questions and Answers

1. What does PAR stand for in professional assessment contexts?

- A) Performance and Results
- B) Professional Assessment Review
- C) Problem, Action, Result
- D) Personnel Aptitude Rating

2. In a PAR interview method, what should you describe first?

- A) The result you achieved
- B) The action you took
- C) The problem or situation you faced
- D) The skills you demonstrated

3. When using the PAR method to describe an achievement, which element is most important?

- A) Making the problem sound difficult
- B) Describing actions in detailed steps
- C) Quantifying the measurable result
- D) Mentioning team members involved

4. What is the best way to structure a PAR response in an interview?

- A) Problem → Action → Result in a logical sequence
- B) Result → Problem → Action to grab attention
- C) Action → Problem → Result to show initiative
- D) Mix all three elements throughout the response

Answers: 1-C 2-C 3-C 4-A

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