

## Is It Imposter Syndrome Or Something Else?

Your mission, should you choose to accept it, is to understand and identify Imposter Syndrome and implement strategies to overcome it. To accomplish this mission, you will:

- Download the Mission Resources
- Complete the lessons
- Take the quizzes
- Complete the self-assessment
- Complete the Overcoming Imposter Syndrome Workbook
- Submit a redacted document for feedback, OPTIONAL
- Celebrate the success of your Completed Mission

Tip: Feeling like an imposter does not mean you are incompetent. You must assess whether you are experiencing a deficit in skill or confidence.



### Mission Resources:

- Imposter Syndrome self-assessment
- Imposter Syndrome Workbook

Is It Imposter Syndrome Or Something Else?

What situations have evoked feelings of being an imposter?

What are your strengths as a BCBA?

What areas would you like mentorship or more supervision in?

You know more than you think



There's a big difference between learning about ABA and managing a caseload of clients on your own. It's natural for you to feel like an imposter at first.

Completing this Mission provides the guidance you need to determine if you have the skills you need or if you should broaden your Scope of Competency!