RBT Competency Assessment: Self-Check

Practice tool for the 19 tasks on the BACB's RBT Initial Competency Assessment (packet version 01/2026). Tick a task when you can do it without help.

This is not the assessment form. The BACB accepts only its own form, and only an assessor can initial it. These prompts are our own practice ideas, not BACB items. Ask your assessor what counts as competent.

Part 1: Practice the tasks

	#	Task	Allowed types	Practice with a partner
☐	1	**Continuous measurement**	Client, role-play	Partner taps for 2 minutes. Record frequency, then one duration, one latency and one IRT.
☐	2	**Discontinuous measurement**	Client, role-play	Score one 5-minute clip by partial interval, whole interval and momentary time sampling. Explain why results differ.
☐	3	**Data and graphs**	Client, role-play	Enter five sessions and update a line graph in your clinic's format.
☐	4	**Preference assessments**	Client, role-play	Run a paired-stimulus assessment with four items. Record each choice and rank the items.
☐	5	**ABC data**	Client, role-play	Write five ABC rows from a clip. Partner circles any guess, such as "angry" or "wanted attention".
☐	6	**Discrete-trial teaching***	Client, role-play	Run five trials: clear instruction, wait, consequence or error correction per plan, short pause, record.
☐	7	**Naturalistic teaching***	Client, role-play	Put a preferred item in view but out of reach. Wait for an initiation, prompt the target, hand it over right away.
☐	8	**Chaining***	Client, role-play	Write a six-step task analysis for handwashing, teach it by forward, backward or total task, record each step.
☐	9	**Shaping***	Client, role-play	Name a target response and three approximations. Reinforce only the current one, then raise the criterion.
☐	10	**Discrimination training***	Client, role-play	Teach "point to red" with two choices, rotate positions, reinforce only correct responses.
☐	11	**Prompting and fading***	Client, role-play	Teach one response with least-to-most prompts and another with a time delay. Name each prompt as you fade.
☐	12	**Token systems***	Client, role-play	Run a five-token board: token right after the target, praise with it, trade for the backup at the agreed count.
☐	13	**Crisis/emergency***	Client, role-play, interview	Walk through your organization's protocol aloud: who you call, how you keep people safe, what you document.
☐	14	**Antecedent, differential reinforcement or extinction (pick one)***	Client, role-play	Pick the one your client's plan already uses. Demonstrate it as written, and say what you would do if the behavior escalated.
☐	15	**Session notes**	Client, role-play, interview	Write a note on a 10-minute clip, then remove every word about what the client felt or wanted.
☐	16	**Client dignity**	Interview	Give one example and one non-example from your own workplace.
☐	17	**Professional boundaries**	Interview	Answer aloud: a parent asks for your personal number, then offers a $25 gift card (RBT Ethics Code 1.10, 1.11).
☐	18	**Supervision requirements**	Interview	State from memory: at least 5% of service hours each month, two face-to-face real-time contacts, one individual, at least one observation with a client.
☐	19	**Clinical direction**	Interview	Describe one real situation and exactly what you would say to your supervisor.

* Three of tasks 6-14 must be shown with a client. Role-play is for when circumstances do not permit a client. Interviews must be live.

Part 2: Before you book

- ☐ My instructor confirmed the 40-hour course was designed to meet the BACB's 2026 requirements, and I have the certificate of completion.
- ☐ I have my BACB ID (the form asks for it) from my BACB portal account.
- ☐ I have the current BACB packet (version 01/2026 as of November 2026).
- ☐ My responsible assessor is an active BCBA or BCaBA with the 8-hour supervision training.
- ☐ Any assistant assessor holds an active RBT certification or higher.
- ☐ No assessor is related to me, subordinate to me or employed by me.
- ☐ My assessors and I are all employed by, or contracted with, the same organization, and it serves the client involved.
- ☐ I know which three of tasks 6-14 I will show with a client, and which client and session.
- ☐ I asked my assessor what they look for on each task.

Part 3: Plan your dates

40-hour training finished	_____
First assessment session	_____
Responsible assessor signed and dated the form	_____
Submit by: 90 days after signing, our reading (safest: 90 days after the first session)	_____

Part 4: Task log (for retesting a task)

If you miss a task, your assessor may give corrective feedback and assess it on another day. No feedback may be given on the final assessment of a task.

Task #	Date	Feedback to work on	Retest date

Part 5: Upload with your application

- ☐ Completed BACB form: initials and an assessment type on all 19 tasks, responsible assessor's signature and date
- ☐ RBT Certification Application Attestation form
- ☐ 40-hour training certificate
- ☐ All names match my BACB portal account, and the files are clear PDF or JPEG copies
- ☐ I kept my own copy of everything

Sources: BACB, RBT Initial Competency Assessment Packet, version 01/2026; BACB, RBT Handbook, updated October 2026; BACB, RBT Ethics Code (2.0). Rules can change; check the current BACB documents. Full guide with sources: praxisnotes.com/resources/2025-rbt-competency-assessment-checklist. Checked November 4, 2026. Praxis Notes is not affiliated with the BACB.