FREE RBT STUDY SHEET · 2026 EXAM

Behavior Skills Training: Role-Play and Feedback Practice

Behavior skills training (BST) teaches a person a new skill in four steps: instructions, modeling, rehearsal, and feedback. It is used to train caregivers, staff and sometimes the RBT in a new procedure. This set focuses on sequencing those steps, deciding when feedback should be positive or corrective, and noticing when a step has been skipped. Many items describe a training session and ask which element is missing or which response is most useful. Keep in mind that rehearsal should happen before the trainee is expected to perform independently. Focus on which step the scenario describes, because many items present a complete-looking session that is missing one element, such as rehearsal.

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INSIDE THIS PDF 10 questions with options · full answer key · 4 study tips · FAQ

Practice questions

Answer every question before you look at the key, then check yourself on the next pages.

1. A supervisor is teaching the RBT a revised preference-assessment method. How should the supervisor verify competent performance?

- **A** Explaining and modeling the method, RBT practice with feedback, and then observation in a real session.
- **B** Explaining and modeling the method, a verbal walk-through by the RBT, and a sign-off at a supervision meeting.
- **C** Sending the revised protocol, collecting a signed acknowledgment, and checking graphs the next month.
- **D** Modeling the method once, offering general encouragement, and taking over whenever the RBT seems unsure.

2. Which supervision session best reflects effective practice?

- **A** Email with no feedback
- **B** Modeling with feedback
- **C** Billing review only
- **D** Casual chat after work

3. A supervisor directs an RBT to assist with a role-play during a skill assessment. What is the RBT's responsibility?

- **A** Share early impressions of the learner's skill level with caregivers after each item
- **B** Follow the protocol for that task step by step and give the supervisor accurate records
- **C** Reword the protocol's instructions when the learner seems confused so results are more useful
- **D** Skip steps that seem unnecessary and tell the supervisor which steps were left out

4. A supervisor gives the RBT corrective feedback during a rehearsal. How should the RBT communicate?

- **A** Explain why the original approach made sense, ask the supervisor to reconsider, and keep using it meanwhile.
- **B** Agree quickly to end the conversation, change nothing yet, and see whether the supervisor raises it again.
- **C** Apologize at length, ask to be moved off the case, and avoid the procedure until confidence returns.
- **D** Listen without defending, ask clarifying questions, and apply the corrected steps with supervisor input.

5. The RBT is scheduled to run a functional analysis condition but has had no rehearsal or feedback. Which response best protects the client?

- **A** Tell the supervisor, try it once with the client while the supervisor is on call, and get feedback after.
- **B** Study the written protocol, watch a training video, and begin at the next session with extra care.
- **C** Ask a more experienced RBT to run it first, watch a few sessions, and then take over the procedure.
- **D** Tell the supervisor and note it, train with rehearsal and feedback, and start once competence is confirmed.

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6. During supervision, an RBT receives feedback that a prompt was delivered too late. Which response best reflects Code 2.0 and the TCO?

- **A** Explain that the delay was minor
- **B** Ask for modeling and practice the timing
- **C** Change the prompt step after session
- **D** Wait for feedback from another coworker

7. During a role-play, the assessor asks which session-note sentence is objective for a transition that lasted two minutes. Which sentence best fits?

- **A** Maya was upset and stubborn at transition
- **B** Maya hated the schedule change today
- **C** Maya cried for two minutes after transition
- **D** Maya refused because staff rushed her

8. During the 40-hour course, Nia sees instructions, watches a model, rehearses a data step, and receives feedback. Which TCO skill best matches that course feature?

- **A** Behavioral-skills training with feedback
- **B** A provider pass-rate claim for the course
- **C** Reading counted as direct service time
- **D** A certificate uploaded before class ends

9. A technician applicant watched a token-board role-play during assessment prep. The clinic asks her to run that procedure with a learner that afternoon, but she has not performed those steps for the assessor. What should happen first?

- **A** Show the steps in practice
- **B** Review the steps before service
- **C** Have a peer stay nearby
- **D** Run one round and ask later

10. The RBT wants more chances for Leo to practice requesting water with a communication card during snack preparation. Which action is appropriate?

- **A** Withhold the whole activity until the learner shows the skill several times
- **B** Add a set of flash-card trials on the skill before the activity starts
- **C** Create extra obstacles beyond those the plan describes to raise motivation
- **D** Arrange the activity so the skill is needed, then follow the learner's lead

Answer key and explanations

1. Correct answer: A · Explaining and modeling the method, RBT practice with feedback, and then observation in a real session.

Effective supervision uses behavioral skills training (instructions, modeling, rehearsal, and feedback) and direct observation of service delivery, so performance can be practiced, evaluated, and improved. Good supervision is active: teach, model, rehearse, observe, and give feedback.

Task: F.4

2. Correct answer: B · Modeling with feedback

Modeling and feedback are effective supervision practices; Code 2.0 standard 2.03 requires action after feedback.

Task: F.4

3. Correct answer: B · Follow the protocol for that task step by step and give the supervisor accurate records

An RBT may assist with trained assessment components while following the protocol and reporting data to the supervisor. Assist with assigned components; do not independently design, diagnose, or alter the assessment.

Task: B.2

4. Correct answer: D · Listen without defending, ask clarifying questions, and apply the corrected steps with supervisor input.

Professional RBT behavior includes accepting feedback and improving afterward (2.03), active listening, respectful collaboration, directing concerns about services to the supervisor (2.06), and reliable follow-through within the RBT role. Professional communication is curious and accountable, not defensive or boundaryless.

Task: F.9

5. Correct answer: D · Tell the supervisor and note it, train with rehearsal and feedback, and start once competence is confirmed.

RBTs provide services only after their supervisor confirms they have demonstrated competence (1.06) and do not use unfamiliar interventions without proper training (2.04). When asked to go beyond their competence, they tell the supervisor right away and document it; restrictive procedures also need a documented plan and supervisor-verified competence (2.05). Competence must be confirmed by the supervisor before service, not assumed after exposure.

Task: F.2

6. Correct answer: B · Ask for modeling and practice the timing

Item 2.03 and task F.9 support feedback, rehearsal, and collaboration.

Task: F.9

7. Correct answer: C · Maya cried for two minutes after transition

TCO E.4 requires objective communication about what occurred, and Code 2.0 standard 2.02 requires accurate documentation.

Task: E.4

8. Correct answer: A · Behavioral-skills training with feedback

F.4 includes instructions, modeling, rehearsal, and feedback, and the BACB training outline lists behavioral-skills-training components.

Task: F.4

9. Correct answer: A · Show the steps in practice

RBT Ethics Code 2.0 standard 1.06 says behavior-technician services occur only after supervisor confirmation of demonstrated competence.

Task: F.2

10. Correct answer: D · Arrange the activity so the skill is needed, then follow the learner's lead

Naturalistic teaching may arrange materials to create useful opportunities, but it must remain humane, brief, and consistent with the plan. Environmental arrangement should invite communication or action, not manufacture excessive frustration.

Task: C.4

Study tips

- Memorize the four BST steps in order: instructions, modeling, rehearsal, feedback.
- Give specific feedback that names what was done well and one thing to change next time.
- Use rehearsal with the actual materials and setting so the skill transfers.
- Watch for stems that skip modeling or rehearsal, since those steps are often the missing piece.

FAQ

What are the four steps of behavior skills training?

The steps are instructions, modeling, rehearsal, and feedback. They are typically used in that order to teach a new skill.

Why does rehearsal matter?

Rehearsal lets the trainee practice the skill with guidance before performing it independently, which improves accuracy and confidence.

Can BST be used with parents?

Yes. BST is commonly used to train caregivers, under the supervision of the clinical team, so they can carry out procedures at home.

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