



Behavior Webinars
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General Information

Instructor: Dr. Jaime Flowers, Ph. D, BCBA, NCSP

Title: Impostor Syndrome: What It Is and How to Overcome It

BACB CEs: 2 Ethics Credit

IBAO CEs: 2 Ethics Credits

QABA CEs: 2 Ethics Credits

This is a text-based asynchronous course.

Impostor syndrome is a type of chronic self-doubt that causes us to feel like we're inadequate, despite evidence showing otherwise. The result is that we become our own worst enemy—selling ourselves short and hurting our workplace performance. So, what does it take to overcome impostor syndrome? In this course, you'll learn to define impostor syndrome and determine whether it's something you're experiencing. Then, you'll learn how impostor syndrome holds you back as well as six strategies to face your insecurities head-on.

Speaker Bio

Dr. Jaime Flowers a Licensed Educational Psychologist (LEP) in California and Licensed Specialist in School Psychology (LSSP) in Texas, a Board-Certified Behavior Analyst (BCBA), and a Nationally Certified School Psychologist (NCSP). Her current research interest includes behavior analytic ethics, and functional behavior analysis in schools.

Learning Objectives

1. Define Impostor Syndrome and Identify Personal Experiences
2. Understand the Impact of Impostor Syndrome on Performance
3. Implement Strategies in Real-Life Scenarios

Course Schedule

<i>Lesson 1</i>	Course agreement
<i>Lesson 2</i>	What Is Impostor Syndrome?
<i>Lesson 3</i>	Impacts of Impostor Syndrome
<i>Lesson 4</i>	6 Strategies to Overcome Impostor Syndrome
<i>Lesson 5</i>	Knowledge Check
<i>Lesson 6</i>	Summary
<i>Lesson 7</i>	Final Quiz

Evaluation and Assessment

Participants must score 80% or better on all quizzes and exams. Participant also must turn in all assignments and respond to all discussion boards. Participants will have multiple opportunities to complete these activities if the first attempt is not satisfactory.