

Course Name	–	<b><u>CERTIFICATE IN SOCIAL-EMOTIONAL LEARNING (SEL) FOR ADOLESCENTS</u></b>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support ( <b>CNO SP35</b> )
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Learning Mode	–	Email Based / Whats App Based/ Session Based (6 sessions for 6 modules)
Eligibility	–	Teachers/ Educators / Special Educators/ Counsellors / School Heads/ Managers
Interaction	–	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

**Learning Objective :** This course equips middle school teachers with the understanding and skills to support the social and emotional development of students aged 11–14. Teachers learn how emotions, relationships, identity formation, and peer influence affect behaviour and learning, and how to integrate SEL meaningfully into everyday classroom practice.

Course Modules	Brief Course Module Descriptions		
<b>SP3501 – Emotional Development in Early Adolescence</b>	This module explores emotional intensity, mood fluctuations, and sensitivity common in early adolescence. Teachers learn how brain development and hormonal changes influence emotional reactions. The link between emotions, behaviour, and learning is highlighted.		
<b>SP3502 – Building Emotional Awareness and Regulation Skills</b>	Focuses on helping adolescents recognise, label, and manage their emotions. Teachers learn classroom strategies that support self-regulation without shaming. Emotional vocabulary and coping skills are emphasised.		
<b>SP3503 – Peer Relationships, Social Identity, and Belonging</b>	Examines friendships, peer pressure, and the need for acceptance in middle school. Teachers learn how social dynamics influence classroom participation and behaviour. Strategies to promote inclusion and reduce social harm are discussed.		
<b>SP3504 – Teaching Empathy, Respect, and Perspective-Taking</b>	Explores how empathy develops during adolescence. Teachers learn practical ways to model and teach respect, fairness, and understanding of others' viewpoints. Classroom norms that support empathy are emphasised.		
<b>SP3505 – Supporting Students with Emotional Vulnerability</b>	Introduces early signs of anxiety, withdrawal, and emotional distress. Teachers learn how to provide classroom-level support and when to seek additional help. Emotional safety is prioritised.		
<b>SP3506 – Integrating SEL into Academic Teaching</b>	Shows how social-emotional learning can be embedded into subject teaching and classroom routines. Teachers learn to use everyday interactions as SEL opportunities. SEL is positioned as supportive of academic success.		
<b>Course Mode</b>	<b>Email Based (with guide assistance)</b>	<b>Whats App Based (with guide assistance)</b>	<b>Session Based (with 6 one-to-one sessions)</b>
<b>Course Fee</b>	₹4200 - Indian learners \$90 – Intl. Learners	₹5600 - Indian learners \$120 – Intl. Learners	₹8200 - Indian learners \$210 – Intl. Learners

For Admissions -

To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 9600 8000 20 or email us at [info@wiseteacher.in](mailto:info@wiseteacher.in)