

Course Name	–	<b><u>CERTIFICATE IN ANXIETY, STRESS, &amp; EMOTIONAL REGULATION IN STUDENTS</u></b>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support ( <b>CNO SP64</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 school counsellors and well-being professionals with the understanding and practical strategies to recognise, support, and respond to anxiety, stress, and emotional regulation difficulties in students. Participants learn how academic pressure, social dynamics, and developmental factors contribute to emotional distress, and how to provide school-appropriate support without moving into clinical treatment.

Course Modules	Brief Course Module Descriptions
<b>SP6401 – Understanding Anxiety and Stress in School-Age Students</b>	This module explores how anxiety and stress present differently across age groups. Participants learn how academic demands, peer relationships, and performance expectations influence emotional well-being. Normal stress responses are distinguished from concerning patterns.
<b>SP6402 – Common Sources of School-Related Stress</b>	Focuses on exams, transitions, peer comparison, family expectations, and digital pressures. Participants learn how cumulative stress affects behaviour, attention, and learning. Contextual understanding is emphasised.
<b>SP6403 – Emotional Regulation and Coping Skills in School Settings</b>	Explores age-appropriate emotional regulation strategies suitable for school environments. Participants learn how to teach coping skills such as grounding, breathing, and self-awareness without therapy framing. Skill-building is emphasised.
<b>SP6404 – Supporting Anxious and Emotionally Overwhelmed Students</b>	Focuses on supportive responses that reduce fear and shame. Participants learn how to respond to emotional outbursts, avoidance, and withdrawal calmly. Emotional safety is prioritised.
<b>SP6405 – Collaboration with Teachers and Parents</b>	Examines how counsellors can work with teachers and families to reduce stressors. Participants learn to guide environmental adjustments and supportive communication. Shared responsibility is emphasised.
<b>SP6406 – Monitoring Progress and Referral Decisions</b>	Explores how to track student progress and recognise when additional support is required. Participants learn referral indicators and documentation practices. Ethical boundaries are reinforced.

<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)