

Course Name	–	<b>UNDERSTANDING TWEEN PSYCHOLOGY - HOW &amp; WHAT A TWEEN THINKS, FEELS, &amp; BEHAVES</b>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support ( <b>CNO SP94</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 educators, school counsellors, mentors, and caregivers with a clear understanding of the psychological world of tweens—children transitioning from childhood to early adolescence. Participants learn how rapid cognitive growth, emotional sensitivity, identity awareness, peer influence, and physical changes shape how tweens think, feel, and behave, enabling adults to respond with empathy, structure, and developmentally appropriate guidance in school and home settings.

Course Modules	Brief Course Module Descriptions
<b>SP9401 – Who Is a Tween? Understanding the Transition Phase</b>	This module introduces the tween stage as a unique developmental phase rather than “late childhood” or “early adolescence.” Participants learn how biological, cognitive, emotional, and social changes begin to overlap during this period. The instability and intensity of tween behaviour are normalised.
<b>SP9402 – How Tweens Think – Cognitive Changes and Emerging Reasoning</b>	Focuses on changes in thinking such as increased logic, questioning, comparison, and sensitivity to fairness. Participants learn why tweens argue more, challenge rules, and seek explanations. Cognitive growth is linked to classroom behaviour and learning motivation.
<b>SP9403 – Emotional World of Tweens – Sensitivity, Mood, and Self-Image</b>	Explores emotional fluctuations, heightened sensitivity, and growing self-consciousness in tweens. Participants learn why emotions may appear intense or unpredictable. Emotional awareness and validation are emphasised as key adult responses
<b>SP9404 – Behaviour as Expression – Understanding Tween Actions and Reactions</b>	This module reframes tween behaviour—withdrawal, defiance, impulsivity, or overreaction—as communication of internal states. Participants learn how unmet emotional needs, peer pressure, and stress influence behaviour. Interpretation replaces punishment-focused responses.
<b>SP9405 – Peer Influence, Belonging, and Social Identity</b>	Explores the increasing importance of peer approval, friendships, and group belonging. Participants learn how peer comparison, teasing, and exclusion affect confidence and behaviour. Supporting healthy peer relationships and social resilience is emphasised.
<b>SP9406 – Supporting Tweens with Psychological Understanding</b>	Focuses on translating tween psychology into everyday guidance strategies. Participants learn how to balance empathy with boundaries, support independence while providing structure, and communicate effectively during emotional moments. Developmentally informed responses are prioritised.

<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>	<b>₹4200 - Indian learners \$90 – Intl. Learners</b>	<b>₹5600 - Indian learners \$120 – Intl. Learners</b>	<b>₹8200 - Indian learners \$210 – Intl. Learners</b>

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)**Upgrade Academy** [www.wiseteacher.in](http://www.wiseteacher.in) [www.schoolpsychology.in](http://www.schoolpsychology.in) [www.traintheteacher.in](http://www.traintheteacher.in)