

Course Name	–	<u>Understanding Teen Psychology-How & What a Teen Thinks, Feels, & Behaves</u>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support (CNO SP95)
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 deep understanding of adolescent psychological development. Participants learn how brain development, identity formation, emotional intensity, peer influence, and growing autonomy shape how teens think, feel, and behave, enabling adults to respond with empathy, clarity, structure, and developmentally appropriate guidance rather than control or punishment.

Course Modules	Brief Course Module Descriptions		
SP9501 – Understanding Adolescence as a Developmental Phase	This module introduces adolescence as a distinct psychological and biological stage. Participants learn how rapid brain, hormonal, emotional, and social changes interact during the teen years. Normalising confusion, inconsistency, and intensity is emphasised.		
SP9502 – How Teens Think – Brain Development and Decision-Making	Focuses on changes in the adolescent brain that affect reasoning, impulse control, and risk-taking. Participants learn why teens may appear logical one moment and impulsive the next. Cognitive development is linked to classroom behaviour and choices.		
SP9503 – Emotional World of Teens – Intensity, Vulnerability, and Regulation	Explores heightened emotions, mood swings, sensitivity to criticism, and self-doubt. Participants learn why emotional reactions can feel overwhelming for teens. Emotional validation and regulation support are prioritised.		
SP9504 – Behaviour as Communication – Understanding Teen Actions	This module reframes behaviours such as withdrawal, defiance, risk-taking, or silence as expressions of internal states. Participants learn how stress, fear, identity struggle, and unmet needs influence behaviour. Interpretation replaces moral judgement.		
SP9505 – Identity, Peer Influence, and Social Belonging	Examines identity exploration, peer approval, comparison, and social pressure. Participants learn how friendships, social media, and belonging affect self-concept and behaviour. Supporting autonomy while protecting well-being is emphasised.		
SP9506 – Supporting Teens with Psychological Understanding	Focuses on translating adolescent psychology into effective adult responses. Participants learn how to communicate without power struggles, set boundaries with respect, and support independence responsibly. Trust-based guidance is prioritised.		
Course Mode	Email Based (with guide assistance)	Whats App Based (with guide assistance)	Session Based (with 6 one-to-one sessions)
Course Fee	₹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