

# Course Selection Guide at Södertörn University (Autumn 2025)



How to choose courses



How to find courses



How to check course contents



How to submit course selection



# How to choose courses (1/4)

## Course selection rules

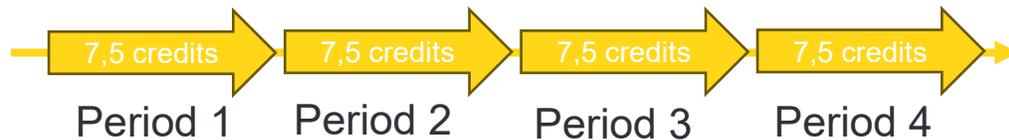
- You must register 30 credits per semester
- Each semester is divided into four (4) periods (ca.5 weeks/per period).
- You must take one course in a period and meet the entry requirement.
- You can take "Swedish for International students 1, 2 or 3" on the top of full-time study load (up to two courses).
- It is possible to take course from different subject areas (e.g., Business Studies and Economics).
- Students at master's level can choose courses from both bachelor's and master's level.

# How to choose courses (2/4)

## Acceptable course selection patterns

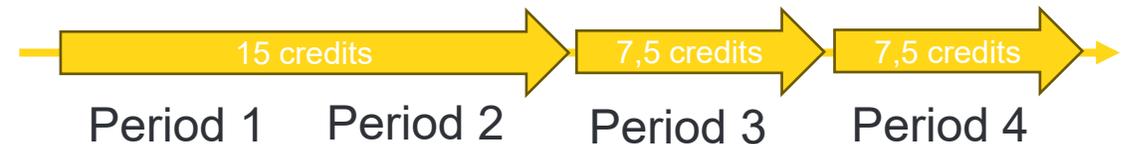
### Pattern 1

- Choose a full-time course every period (Full-time course (7.5 credits) x 4)



### Pattern 2

- Choose one full-time course with 15 credits and two full-time courses with 7,5 credits.

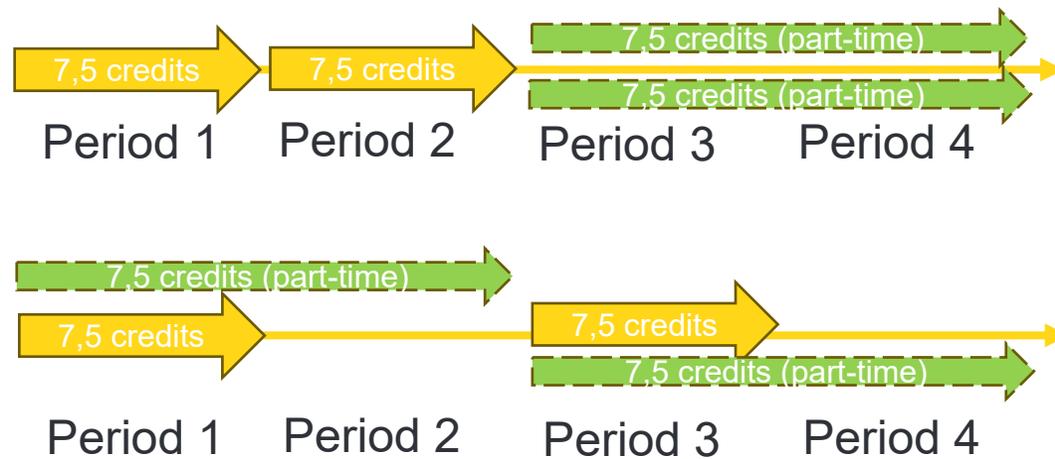


# How to choose courses (3/4)

## Acceptable course selection patterns

### Pattern 3

- Choose full-time course (7,5 credits) x 2 + Part-time course (7,5 credits) x 2



### Pattern 4

- Full-time course (7,5 credits) x 2 + Part-time course (15 credits) x 1

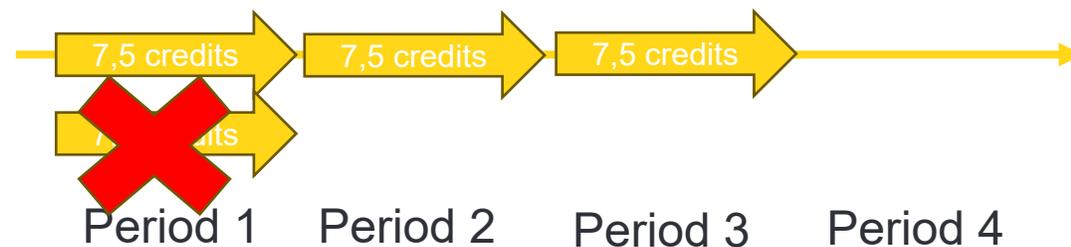
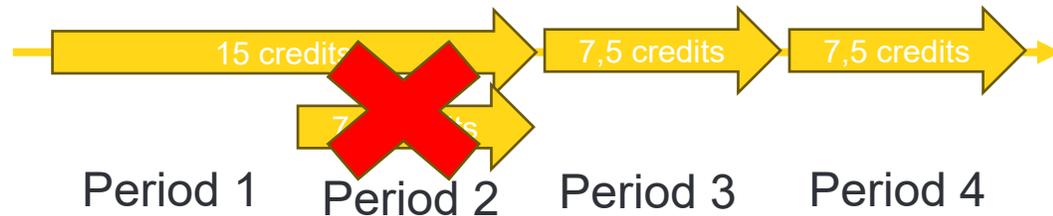


# How to choose courses (4/4)

## Not acceptable course selection

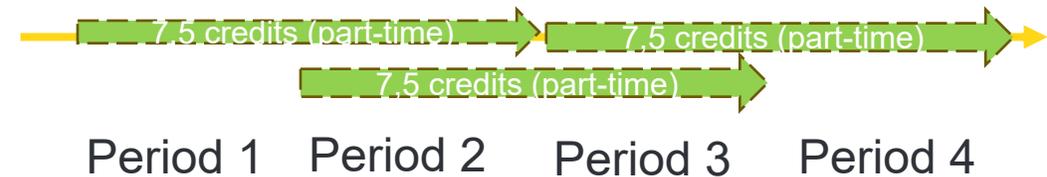
### Example 1

- Choose two or more full-time courses in the same period.



### Example 2

- Take less than 30 credits per semester

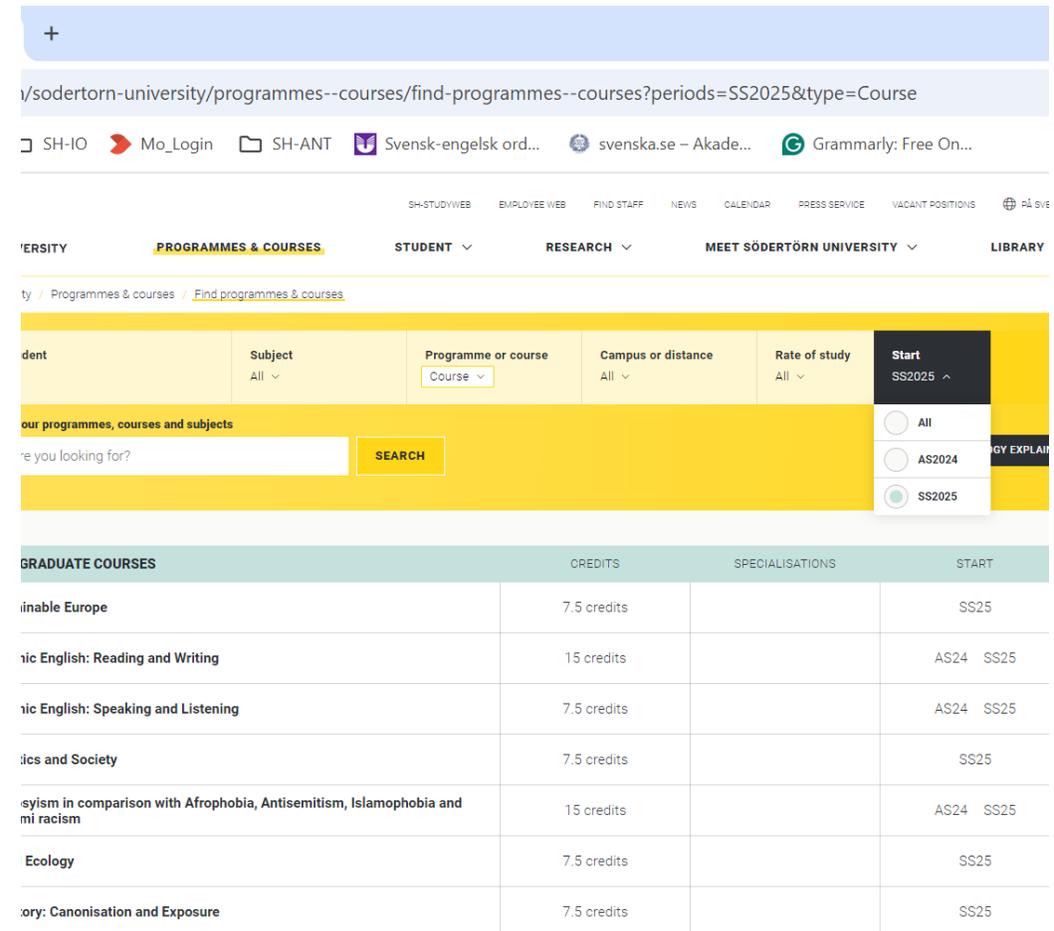


If you have any questions, feel free to contact [exchange@sh.se](mailto:exchange@sh.se)

# How to find courses (1/2)

## Check available courses

- You can find courses through:
  - Attached file named *A list of English-taught courses*
  - The following link. Make sure to select the semester (“AS2025” = Autumn semester 2025).
    - [Link to courses in English](#)



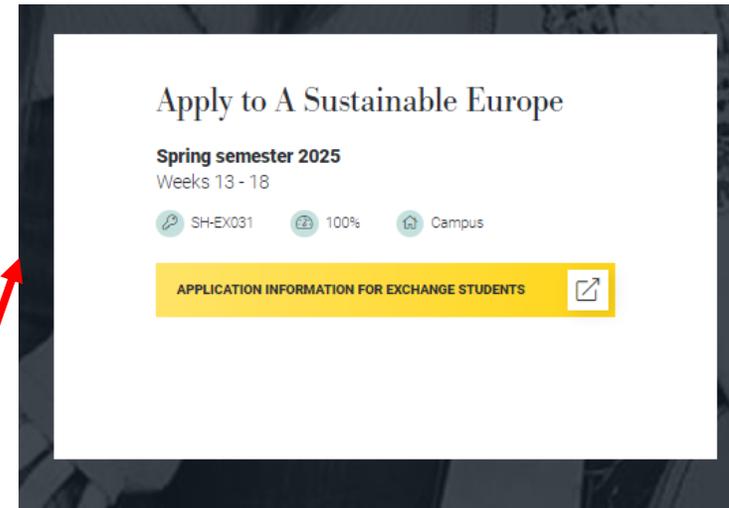
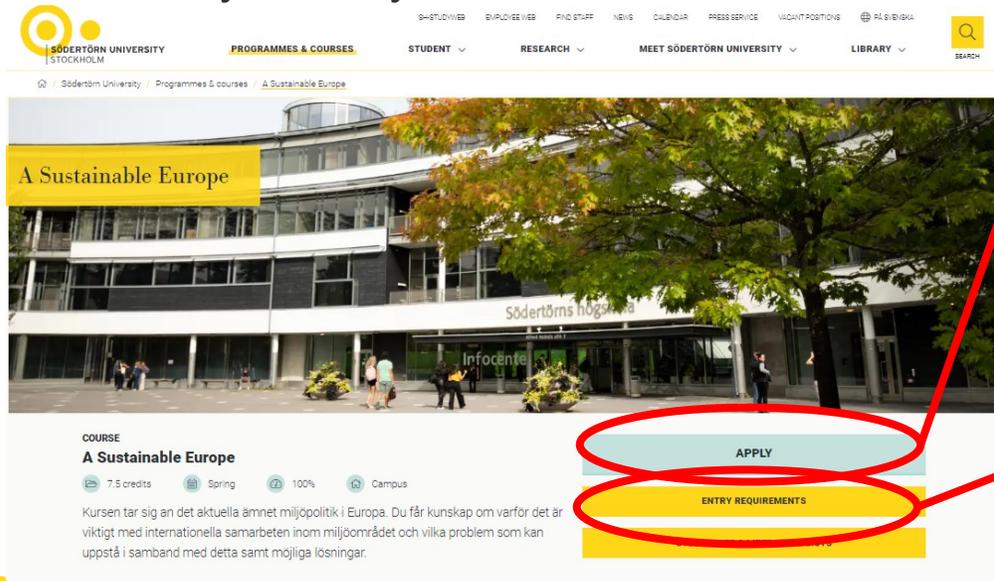
The screenshot shows the Södertörn University website's 'Find programmes & courses' page. The page features a search bar and several filters: 'Subject' (All), 'Programme or course' (Course), 'Campus or distance' (All), and 'Rate of study' (All). The 'Start' filter is set to 'SS2025'. Below the filters is a search bar with the text 'What are you looking for?' and a 'SEARCH' button. The main content area displays a table of graduate courses.

GRADUATE COURSES	CREDITS	SPECIALISATIONS	START
inable Europe	7.5 credits		SS25
ic English: Reading and Writing	15 credits		AS24 SS25
ic English: Speaking and Listening	7.5 credits		AS24 SS25
ics and Society	7.5 credits		SS25
ysism in comparison with Afrophobia, Antisemitism, Islamophobia and mi racism	15 credits		AS24 SS25
Ecology	7.5 credits		SS25
ory: Canonisation and Exposure	7.5 credits		SS25

# How to find courses (2/2)

## Check periods and entry requirement

- You can check the course period and see if you meet the entry requirements. We recommend that you consult with an advisor at your home university about your course selection.



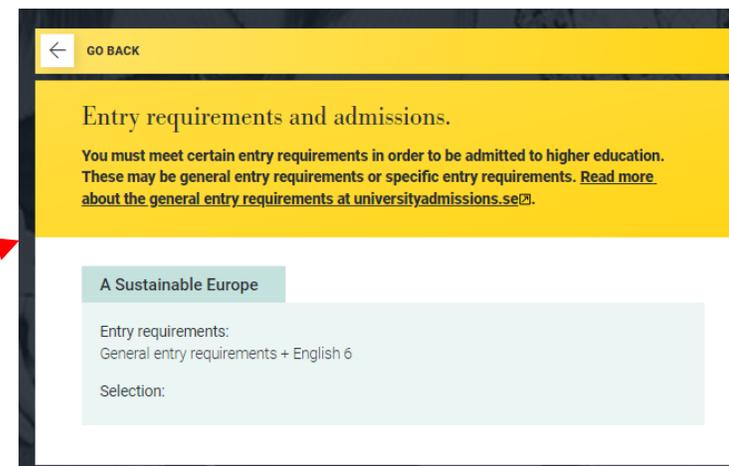
See which weeks corresponds to a respective period

Weeks 36 – 40 = Period 1

Weeks 40 - 44 = Period 2

Weeks 45 - 49 = Period 3

Weeks 49 - 03 = Period 4



All incoming exchange students meet "general entry requirement" and "English 6".

# How to check course contents

## Check syllabus

- You can read course contents in a respective syllabus. Syllabus includes main field of study, course content, examination format etc.

The screenshot shows the course page for 'A Sustainable Europe' on the Södertörn University website. The page features a navigation bar with links for 'PROGRAMMES & COURSES', 'STUDENT', 'RESEARCH', and 'MEET SÖDERTÖRN UNIVERSITY'. Below the navigation bar is a large image of the university building with a yellow banner that reads 'A Sustainable Europe'. Underneath the image, the course details are listed: 'COURSE A Sustainable Europe', '7.5 credits', 'Spring', '100%', and 'Campus'. A red circle highlights the 'SYLLABUSES & LITERATURE LISTS' button in the bottom right corner of the course information section.



English translation of course syllabus

### A Sustainable Europe, 7.5 credits

(Ett hållbart Europa, 7,5 högskolepoäng)

Course code	MJ012G
Subject area	Environmental Science
Main field of study	No main subject
Progressive specialisation	G1N (First cycle, has only upper-secondary level entry requirements)
Academic school	School of Historical and Contemporary Studies
Disciplinary domain	Natural sciences 30% Humanities 70%
Grading scale	AF
Education cycle	First-cycle (Bachelor)
Course level	A
Language of instruction	English
Valid from	Spring semester 2024

### Validation

This course syllabus was validated by the Management Board of the School of Historical and Contemporary Studies at Södertörn University on 2023-06-29 according to the stipulations in the Higher Education Ordinance.

### Entry requirements

General requirements for university studies  
You also need: English 6

### Learning outcomes

On completing the course, the student can:

### Knowledge and understanding

- Describe the preconditions for European cooperation sustainability issues, including those of migration and the environment.
- Describe and discuss concrete instances of interaction between transnational institutions, governments, corporations, activists and political movements on sustainability issues.
- Describe possible conflicts between nationalist movements and movements for international cooperation on sustainability.
- Explain the importance of interdisciplinary approaches when analysing sustainability issues.

### Competence and skills

Competence and skills

# How to submit course selection (1/2)

- Use "Course Selection for Exchange students" sent from Mobility Online.
- Fill in your name and date of Birth. Choose your study level.
- Choose a course from pull-down options in each period. In case you continue a course from the previous period, please choose "no course in this period".
- We recommend that you select your second choice in case the first choice is not available. But this is not obligatory.
- Use 1st choice and 2nd choice if you take two part-time courses in the same period.
- In the bottom of the form, you can choose "Swedish for International students" if you wish to take them as extra (on the top of full-time study load).
- If you wish to study courses in Swedish, contact [exchange@sh.se](mailto:exchange@sh.se) separately.



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## Course Selection for Exchange Students - Autumn Semester 2025

At Södertörn University, a semester is divided into four periods (one period is about five weeks, and a whole semester is 20 weeks). All students are expected to study full-time over the whole semester (30 ECTS credits/semester). Also, you can choose one full-time course or two part-time courses per period. Please read the following instructions carefully, fill out this form, save it as PDF, and submit it to your application in the Mobility Online by **May 1**.

### Instructions for course selection

- Please visit the website [www.sh.se/courses](http://www.sh.se/courses) for detailed information about the courses and prerequisites (please see attached Course Selection Guide.)
- You can take "Swedish for International students 1, 2 or 3" as a part of full-time study OR an extra course on the top of full-time study load (up to two courses). If you wish to take it as an extra course, please select the check box below.
- It will not be possible to change your courses after the beginning of the semester, so contact us before the semester starts if you need to make changes.

First name			
Last name			
Date of Birth (YYYY/MM/DD)			
Study level at your home university	Bachelor	<input type="checkbox"/>	Master
Please contact us via <a href="mailto:exchange@sh.se">exchange@sh.se</a> if you wish to take courses taught in Swedish.			
2025	(Course level/ Period) Course code, course title, and ECTS	Officer's use	
Autumn Semester - Period 1			
1 <sup>st</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
2 <sup>nd</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
Autumn Semester - Period 2			
1 <sup>st</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
2 <sup>nd</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
Autumn Semester - Period 3			
1 <sup>st</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
2 <sup>nd</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
Autumn Semester - Period 4			
1 <sup>st</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
2 <sup>nd</sup> choice	Choose a course	<input type="text"/>	<input type="checkbox"/>
If you wish to take the following course(s) as an extra course, please select the check box.			
<input type="checkbox"/>	(Period 1-2) 1191SV/ Swedish for international students 1 (7.5 credits)	<input type="checkbox"/>	
<input type="checkbox"/>	(Period 3) 1192SV/ Swedish for international students 2 (7.5 credits)	<input type="checkbox"/>	
<input type="checkbox"/>	(Period 4) 1193SV/ Swedish for international students 3 (7.5 credits)	<input type="checkbox"/>	
Comments			

# How to submit course selection (2/2)

- Upload the filled "Course Selection for Exchange students" to Mobility Online
- Submit your application!

Query application work-flow

Applicant details

Last name	AY2024 test 3 (En ny pipeline)	Degree Programme	
First name	Hidehisa	Host country	Sweden
Date of birth (dd.mm.yy)	01/01/2001	Receiving institution	HUDDINGO1 - SODERTORN UNIVERSITY
Country of the home institution	Japan	Stay from	02/09/2024
Home institution	JPMEJ - Meiji University	Stay to	19/01/2025

Necessary steps	Done	Done on	Done by	Direct access via following link
<b>Before the mobility</b> 3/4				
Online-Application				
Confirmation e-mail online application	✓	01/02/2024	Automatically generated	
Online-Registration	✓	01/02/2024		
Personal master data completed	✓	01/02/2024	Meiji University	<a href="#">Complete personal data</a>
<b>Document upload</b> 2/9				
Passport / National ID copy uploaded	✓	29/08/2024	Hidehisa Matsumoto	<a href="#">Upload Passport / National ID copy</a>
Transcript of Records uploaded	✓	29/08/2024	Hidehisa Matsumoto	<a href="#">Upload Transcript of Records in English</a>
List of courses currently being studied uploaded (optional)	☐			<a href="#">Upload a list of the courses you are studying now if relevant</a>
Additional documentation uploaded (optional)	☐			<a href="#">Upload Additional Documentation</a>
Document with course list at Södertörn uploaded	☐			<a href="#">Course Selection Form</a>
Application submitted	☐			<a href="#">Submit application</a>
Application documents complete (marked by Södertörn University)	☐			
Application accepted by Södertörn University	☐			
Signed Learning Agreement uploaded (optional)	☐			