

---

# How to plan your studies

## Aalto Bachelor's Programme in Science and Technology

**August 25, 2026**

# Aims of today's event



Learning about the degree structure and the type of studies you will complete



Key matters to consider when starting to plan your studies



Some useful tips for study planning and succeeding in studies



Guidance options available for planning studies



Background knowledge before creating the study plan and registering for the first period courses tomorrow

# Bachelor's degree structure

The credit extents of basic studies, major studies and elective studies modules vary depending on the major!

Basic studies  
65-67 ECTS

Minor studies  
20–25 ECTS

Major studies  
65-69 ECTS

Bachelor's thesis  
and seminar 10 ECTS

Elective studies  
19–30 ECTS

Number of credits in the minor module impact the number of credits needed for the elective studies module!

**= 180 ECTS credits**

**A!**

# Credit system



Aalto uses the ECTS credit system (European Credit Transfer and Accumulation System)



60 ECTS credits are the equivalent of a full year of study



1 study credit equals around 27 h of student's work

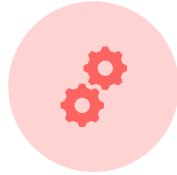


A normal 5 credit course requires 135 hours of student's work. *Note! Achieving a high grade may mean more work.*

# Majors and their abbreviations



**CHEM** =  
Chemical  
Engineering



**COE** =  
Computational  
Engineering



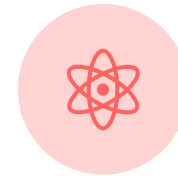
**CENG** =  
Computer  
Engineering



**DS** = Data  
Science



**DSD** = Digital  
Systems and  
Design



**QT** = Quantum  
Technology

# What will I study in the basic studies module?

## Mathematics

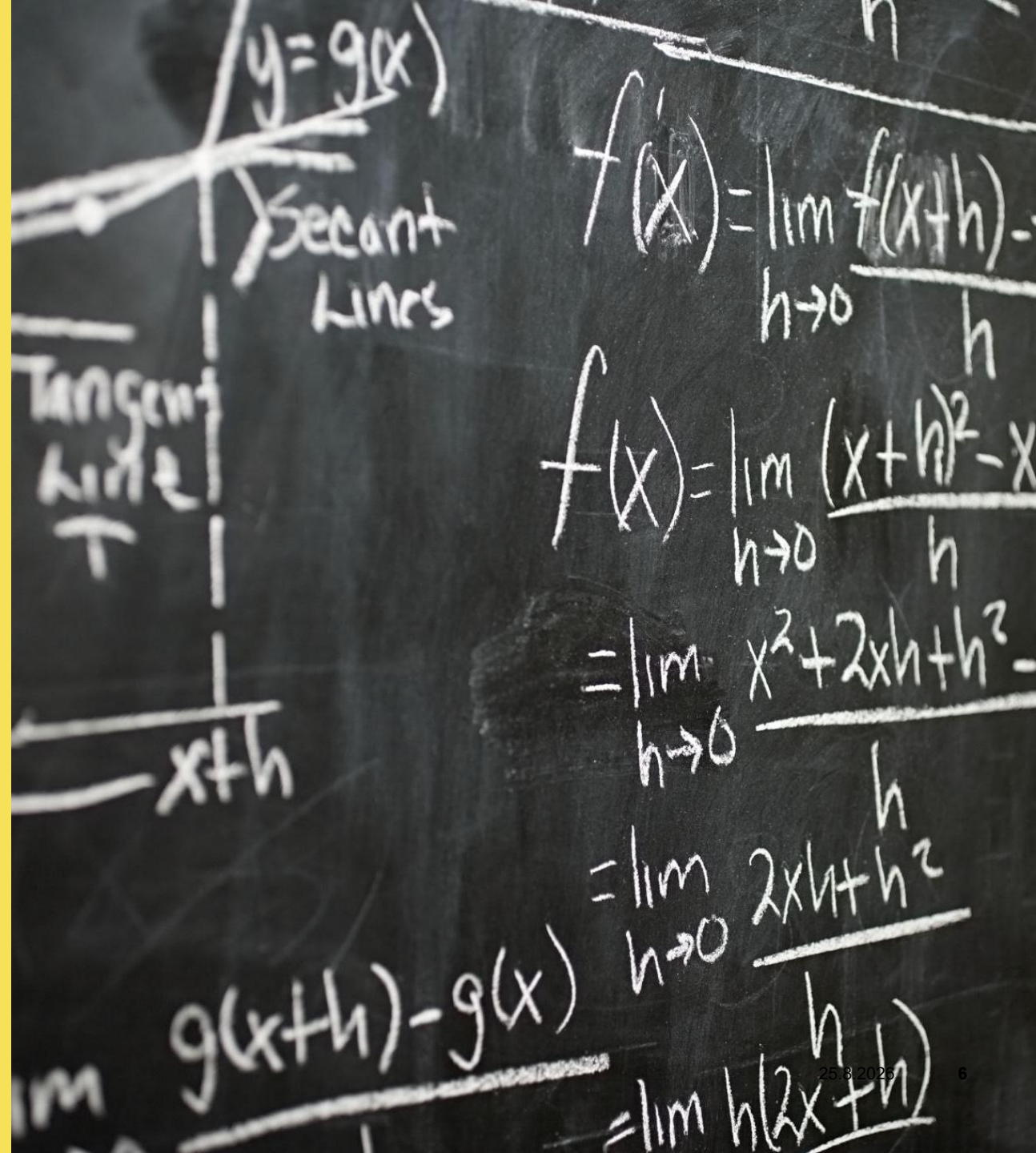
25–30 cr, depending on your major

All majors have:

- **Differential and Integral Calculus 1 & 2**
- **First Course in Probability and**
- **Statistics**
- **Matrix Algebra**

In addition, each major has one or two more mathematics courses

**A!**



# What will I study in the basic studies module?

## Programming

18–28 cr, depending on your major

All majors have: **Programming 1**

Most majors have:

- **Programming 2** (all majors except DSD)
- **Data Structures and Algorithms** (all majors except QT)

In addition, majors have their own programming courses

**A!**



# What will I study in the basic studies module?

## Physics

5–10 cr (except DSD and DS)

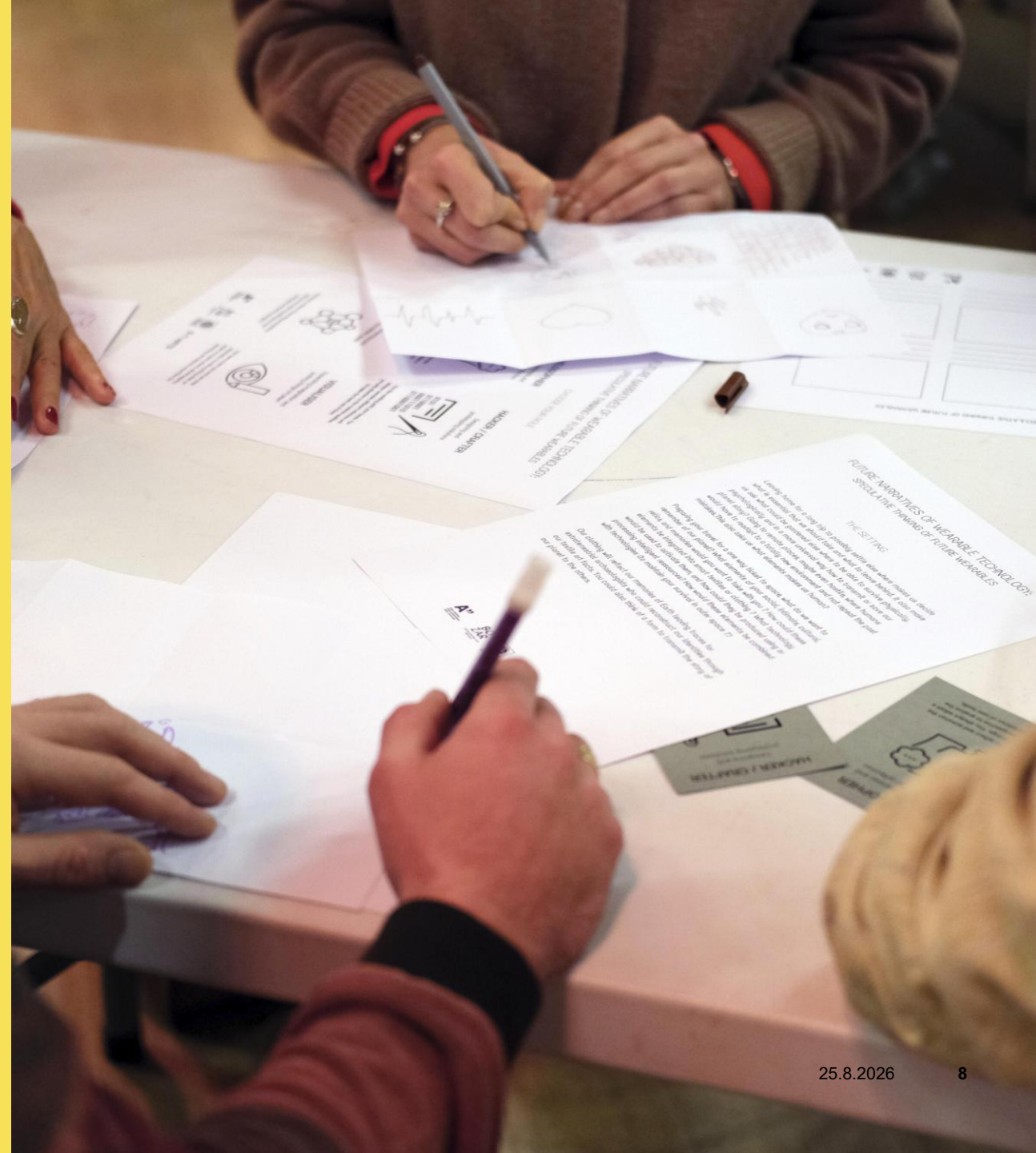
- CHEM, COE, CENG and QT students have **Mechanics course**
- In addition, CHEM and QT have one more physics course each

## Industrial Engineering and Management

5 cr (all majors except DSD)

Digital Signal Processing (5 cr, DSD)

**A!**



# What will I study in the basic studies module?

## Introduction Course for Bachelor's Students

- For all majors
- Introduction to the academic culture at Aalto University, university guidelines and policies, student rights and responsibilities, degree requirements etc.
- Guidance in planning studies, e.g. selecting a minor and Sisu system
- Study wellbeing and time management
- Working in Finland and summer jobs

**A!**



# Which language studies do I complete?

- Everyone completes 5-6 cr of compulsory language studies
- Compulsory foreign language (not Finnish or Swedish) (3 cr)
- Second national language of Finland or other language studies (2–3 cr)
  - *Requirements vary depending on the language of previous education*



# Additional language studies

- In addition to the compulsory language studies you can study additional language and communication courses as part of your elective studies or complete an elective minor
- We encourage students to study language and communication courses
- For international students we highly recommend Finnish or Swedish language studies to make integration into Finnish society easier and for increased working life opportunities

# What will I study in the major studies module?

- Bachelor's Thesis and Seminar course 10cr + maturity test (0cr) for all majors
- Otherwise, the major studies are different for each major and focus on major-specific contents
- Major studies module varies between 65–69cr, depending on your major
- **More about major studies in Wednesday's morning session!**

**A!**

|      |                                                            |
|------|------------------------------------------------------------|
| CHEM | 69 cr                                                      |
| COE  | 65 cr (55 cr compulsory courses, 10 cr optional courses)   |
| CENG | 65 cr                                                      |
| DS   | 65 ECTS (50 cr compulsory courses, 15 cr optional courses) |
| DSD  | 68 cr                                                      |
| QT   | 65 ECTS (50 cr compulsory courses, 15 cr optional courses) |

# Minor studies



20–25 ECTS



Broaden your knowledge in a subject different than your major

= subject cannot overlap with your major studies



Minor studies must form a coherent module and cannot be compiled from individual courses



**More on how to select your minor studies in the Introduction Course on 8 October!**

# Elective studies

- Extent varies between majors
- Can be...
  - individual courses in different fields
  - practical training
  - exchange studies
  - elective minor

**More in the  
Introduction Course  
on 8.10.!**

**A!**

**CHEM**

**19–24 cr**

**COE**

**23–28 cr**

**CENG**

**23–28 cr**

**DS**

**25–30 cr**

**DSD**

**20–25 cr**

**QT**

**25–30 cr**

# Tips – how to succeed in your studies

- Recommended timetable for your major as the starting point for planning studies, there can be situations when need to individualize the schedule
- Often the first-year autumn semester can feel demanding
  - *adjustment to the academic culture can take some time*
  - *other life changes and practical arrangements*
  - *don't take too many courses at least during the first autumn*
- Lectures and exercise sessions are only part of the course, lot of independent work is required!
- Differences between courses on number of credits and required time investment

# Tips – how to succeed in your studies

- Ensure a good start for your studies.
- Prepare to study full-time.
- Plan your studies in advance
  - Schedule all courses and assignments in your calendar, don't forget to include individual work (weekly plan)
  - Plan each academic year and semester (monthly plan)
  - Note! We will assist you in planning your degree during the Introduction Course
- Always attend the first lecture of the course.
- Be proactive and independent in search for information – there are always people here to help you but encouraging students to be independent and take responsibility is part of the core ideology of Finnish universities.
- **More useful tips and resources in the SCI-A1010 Introduction Course for Bachelor's Students!**

# Study guidance & Introduction Course for Bachelor's Students

- **Introduction Course** is our primary means of supporting first-year students in planning their studies
  - Covers topics such as minor and elective studies, when planning them becomes relevant
  - There's time for individual questions, related to the lecture topic or not, after each lecture
- For short questions, please use our **walk-in guidance** times
- For longer cases, e.g. help in scheduling or planning the contents of your studies, please book a **study guidance appointment time**

# Booking appointments with MyStudies system

- Accessing MyStudies system at [mystudies.aalto.fi](https://mystudies.aalto.fi)
- Success Team: your study coordinators and planning officer automatically added as your success team members, you can book a meeting for study guidance
- Information about your academic advisor will be added there in early autumn, contacting them by email
- Instructions and video on how to use MyStudies: [MyStudies instructions for students | Aalto University](#)

# Student Services - Individual study arrangements

- Each Aalto student has a right to receive reasonable individual study arrangements for medical reasons, e.g. dyslexia, a sensory impairment, mental health condition or learning difficulty
- Way of supporting the student in attaining the learning outcome
- Individual study arrangements can be e.g. additional time to complete an exam, exam questions in a larger font
- More information: [Individual study arrangements | Aalto University](#)
- To start the process, book an appointment in MyStudies with the contact person of your Aalto school

### Contact Learning Services

Send a message to Learning Services if you have questions related to your studies or need guidance. Learning Services will respond to your message.

[New service request](#)

### Book an appointment with your Success Team

Your Success Team includes the staff who support you in your studies, such as Learning Services staff as well as your academic advisor, thesis advisor and thesis supervisor. If a team member has available appointment times, you can book a meeting with them. If no times are shown, please contact them directly.

[Schedule Appointment](#)

### Book an appointment with a subject specialist

Find services where you can book a time to speak with a specialist about a specific topic.

#### Guidance counsellors



#### Exchange services



#### Tuition fees and scholarships



#### Elite athletes



#### Individual study arrangements

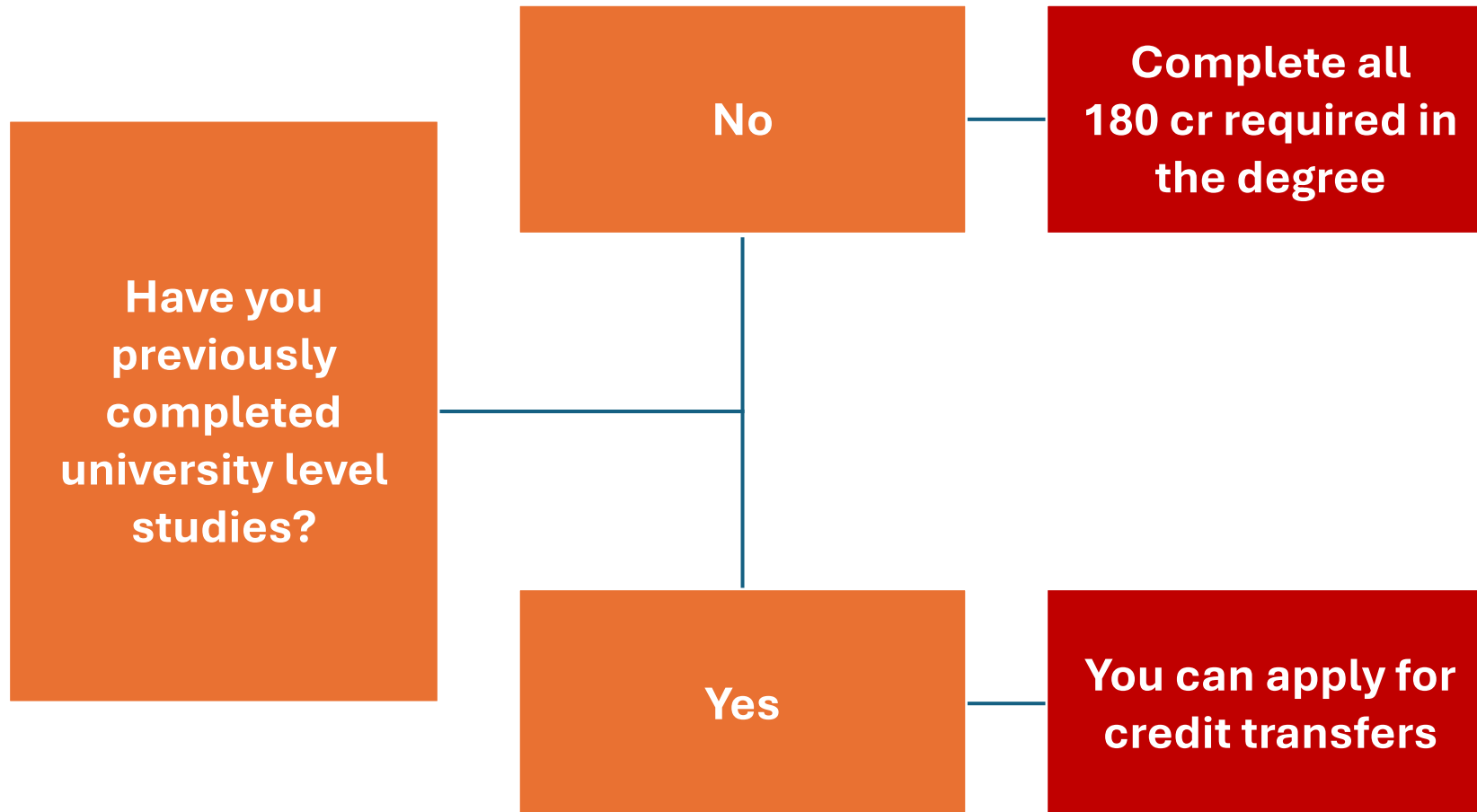


#### Information skills instruction



#### Career coaching and job search guidance





### **Note!**

Credit transfers are permanent and cannot be removed from the degree later.

Credit transfers for elective studies reduce the number of courses you can include in your degree.

# Yes, I have previous university-level studies!

- Get to know the credit transfer policies and follow the instructions: [Credit transfer | Aalto University](#)
- If you need guidance, contact [bsc.tech@aalto.fi](mailto:bsc.tech@aalto.fi)
- **If you think you can replace a course starting in the first period, register for the course anyway!**

# Remember pre-orientation!



Pre-orientation materials include lots of important information and useful instructions for even beyond the orientation week



Instruction videos on how to use Sisu and MyCourses

Especially useful for the course registration session in Wednesday afternoon!

---

# Finnish language studies at Aalto

Verna Pelkonen & Elisa Räsänen  
Language Center

# Finnish language courses at Aalto Language Center

LC-7210 Finnish 1

LC-7220 Finnish 2

LC-7230 Finnish 3

LC-7240 Finnish 4

LC-7250 Finnish 5

LC-7260 Finnish 6

LC-7270 Finnish 7

LC-7280 Finnish 8

LC-7281 Deepen Your Finnish Skills

LC-7282 Preparing for the Intermediate Level YKI Exam 1

LC-7283 Preparing for the Intermediate Level YKI Exam 2

LC-7272 Finnish for work

LC-7291 Finnish for specific fields

LC-7292 Finnish Language Club

LC-7323 Finnish Conversation 1

LC-7324 Finnish Conversation 2

LC-7326 Finnish Conversation 3

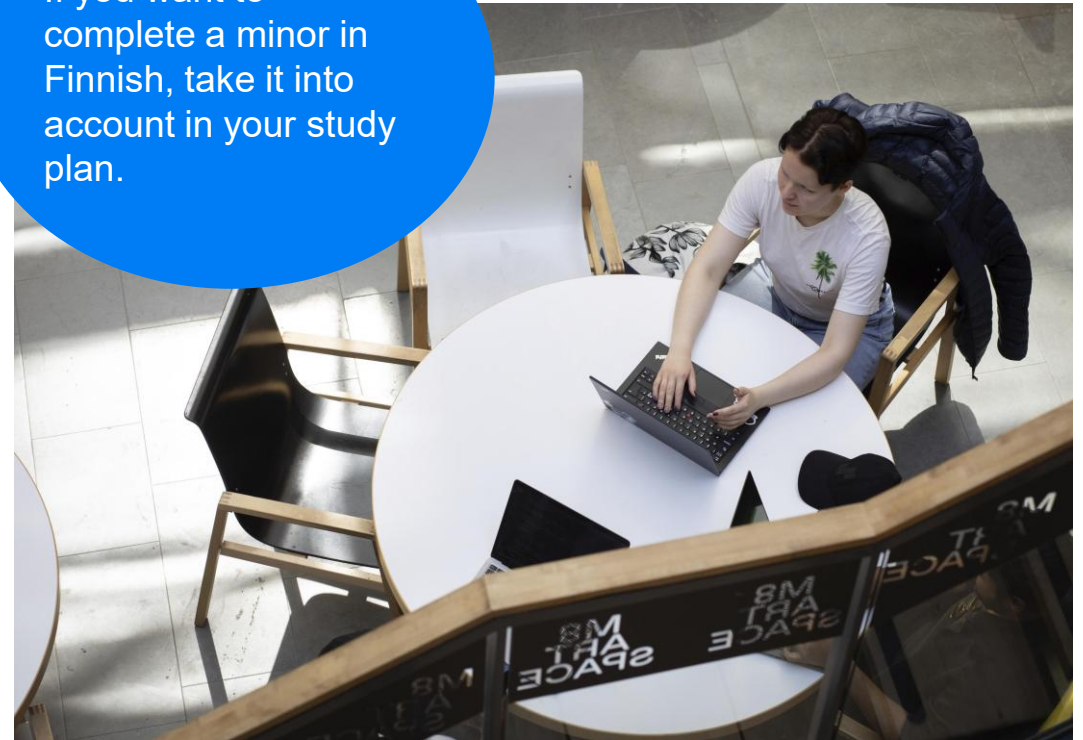
<https://www.aalto.fi/en/language-and-communication-studies/finnish-as-a-second-language>



# Finnish as a second language minor

- You can complete Finnish as a second minor at Aalto.
- 15-25 credits (depends on the student's starting Finnish language skill level).
- Available for students with starting Finnish language skills between 0–B1.
- NB! Students from outside the EU who have completed a higher education degree in Finland and studied 15 credits of Finnish can apply for a permanent residence permit

If you want to complete a minor in Finnish, take it into account in your study plan.



Kuva: Aalto-yliopisto / Matti Ahlgren

# Why learn Finnish?

- By learning Finnish, it is easier to take part in everyday life and connect with people.
- Finnish language skills are highly appreciated and sometimes even demanded in the work-life.
  - Knowing some Finnish will enhance your chances of getting internships and jobs.
  - You may start small: Your employer will surely appreciate that you can greet customers or chat with colleagues in the coffee room in Finnish, even if you handle your “actual” job duties in English.
  - Be concrete and specific about the situations you can use Finnish in, and express your willingness to learn more Finnish on the job.
- Start planning your Finnish language studies today!



**A!**



Kuva: Aalto-yliopisto / Pinja Valja

# Technology Sector Finnish



Euroopan unionin  
osarahoittama

**A!**

Aalto-yliopisto  
Aalto-universitetet  
Aalto University

We also offer some Finnish courses tailored for the Technology sector, if your starting level is A1.3

See our website.

Join our mailing list.



If you already know some Finnish, consider registering for the following courses this academic year:

Tekniikan alan suomi 3, fall 2026 FULL, POSSIBLE TO JOIN THE WAITING LIST

Tekniikan alan suomi 4, spring 2027

Tekniikan alan suomi 5, fall 2026

Tekniikan alan suomi 6, spring 2027

Email [elisa.rasanen@aalto.fi](mailto:elisa.rasanen@aalto.fi) for more info

**A!**

# Finnish 1 & 2

- Finnish 1 courses will start at the beginning of September, and we offer many implementations
- Courses that still have free spots left:
  - LC-7210: groups H02-H08
- If you already know the basics of Finnish, you may enrol on Finnish 2
  - LC-7220: group H02 (only few spots left)

# Next on the programme today

**11.00-12.15 Lunch break**

**Time to eat your own snacks  
or have lunch at one of the  
campus restaurants**

**12.15.-13.15 How to study  
mathematics and programming  
& Introduction to the Starting  
Point of Wellbeing**

***Let's have a lunch break!***

**Programme continues at 12.15**



**A!**

---

# How to study programming

Otto Seppälä, University Lecturer

**August 25, 2026**

---

# How to study mathematics

Harri Hakula, Principle University Lecturer

August 25, 2026

# How to take care of your study-wellbeing by building effective routines and balancing studies and free time

*SCI orientation week, 25.8.2026*

*Henna Niiva, Aalto study psychologist, Starting Point of Wellbeing*

*[Henna.niiva@aalto.fi](mailto:Henna.niiva@aalto.fi)*

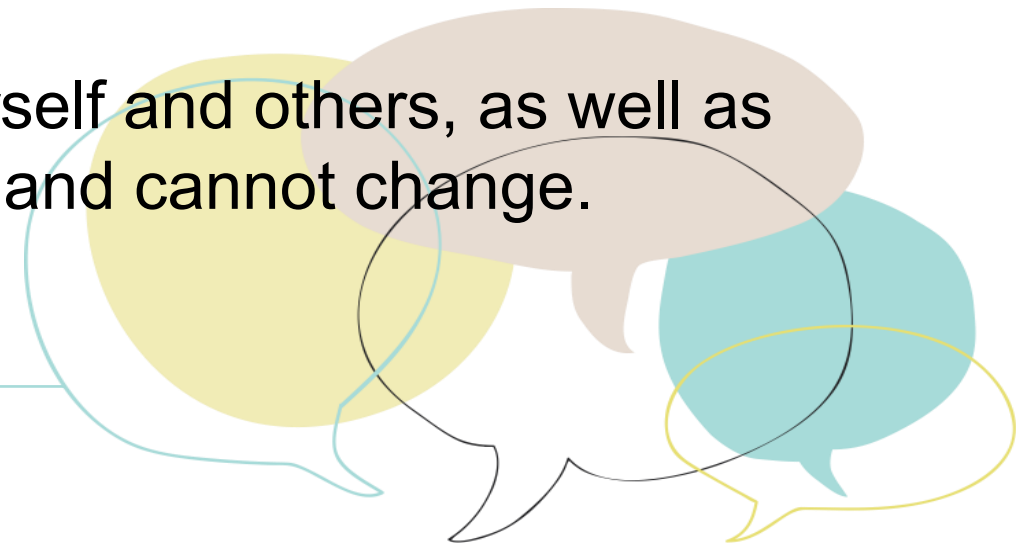
# Beginners' guide to stressing yourself out...

Please take a few minutes to discuss in pairs or groups of three:

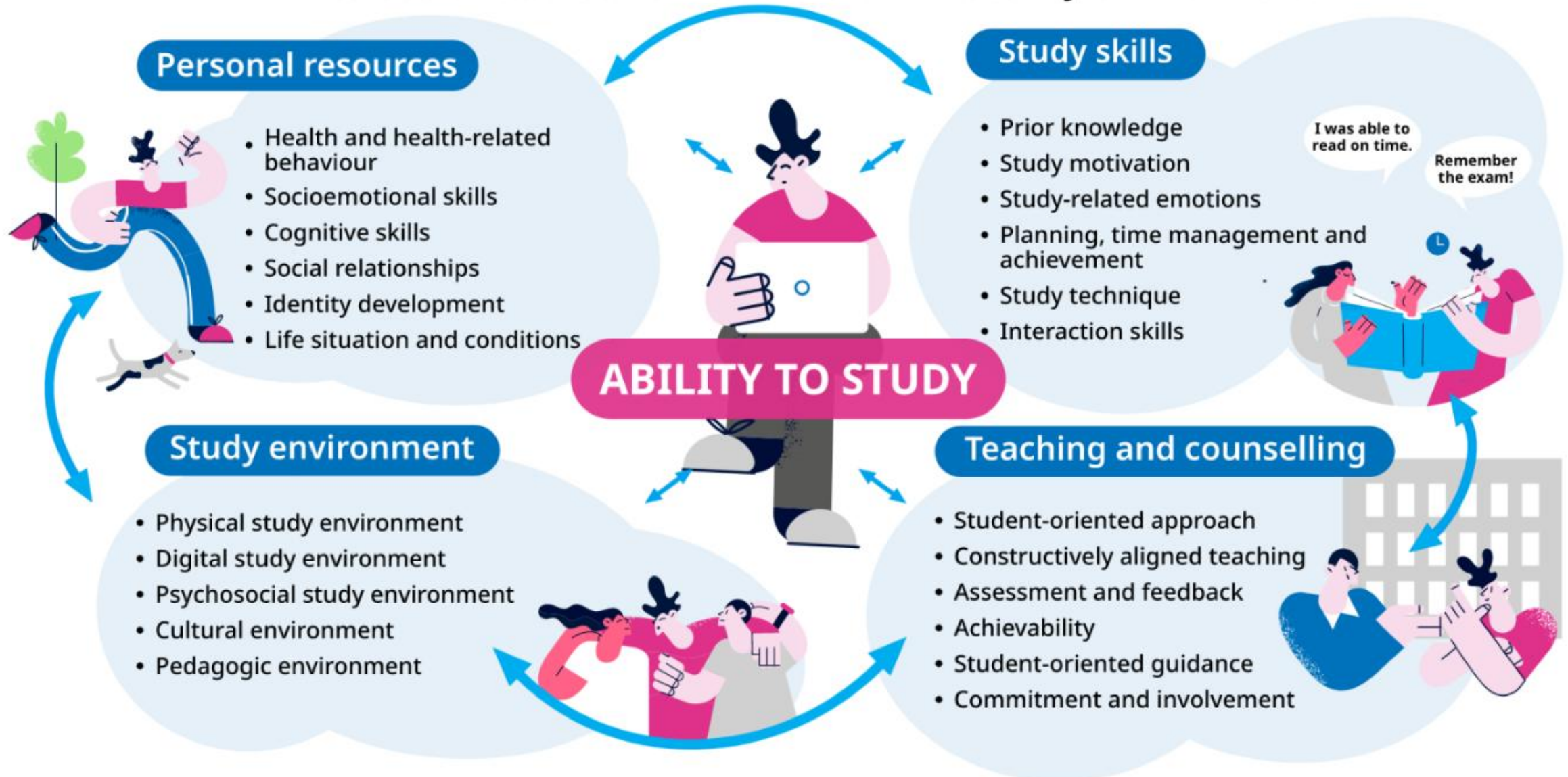
How can you create the most stress for:

- Yourself
- Your study group/peers in the coming months?

Think of actions and influences from yourself and others, as well as situational and other factors that you can and cannot change.

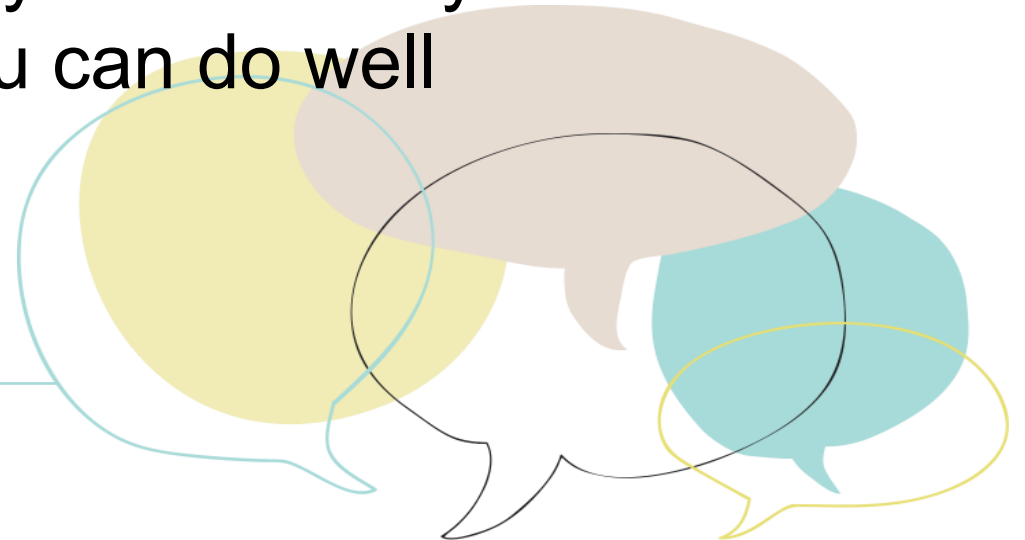


# The ability to study forms and evolves in a dynamic interaction between the student and the study environment.



# Some signs of successful management of studies and wellbeing

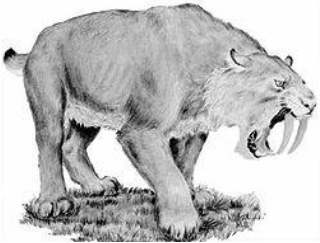
1. **Energy and recovery** – you have energy to do something meaningful after studies
2. **Getting things done** – you proceed with your courses
3. **Motivation & belief in yourself** – you find many courses interesting and you believe that you can do well



# 1. "Fight or flight- reaction"

Threatening  
situation

"Ancient times"



Physical  
reactions,  
emotions,  
thoughts

"I am scared! Will I  
die? Is there  
anything to be  
done!"



Action:



or:



Present time: Threats are different like deadlines or exams,  
but our body and brain still reacts the same way.

# Charging your batteries

## 1. Plan your recovery from four angles

- Holidays, days off every week, breaks and free time for each day, micro breaks

## 2. Remember that recovery requires both your mind and your body

- Rest, physical activity and mental activity

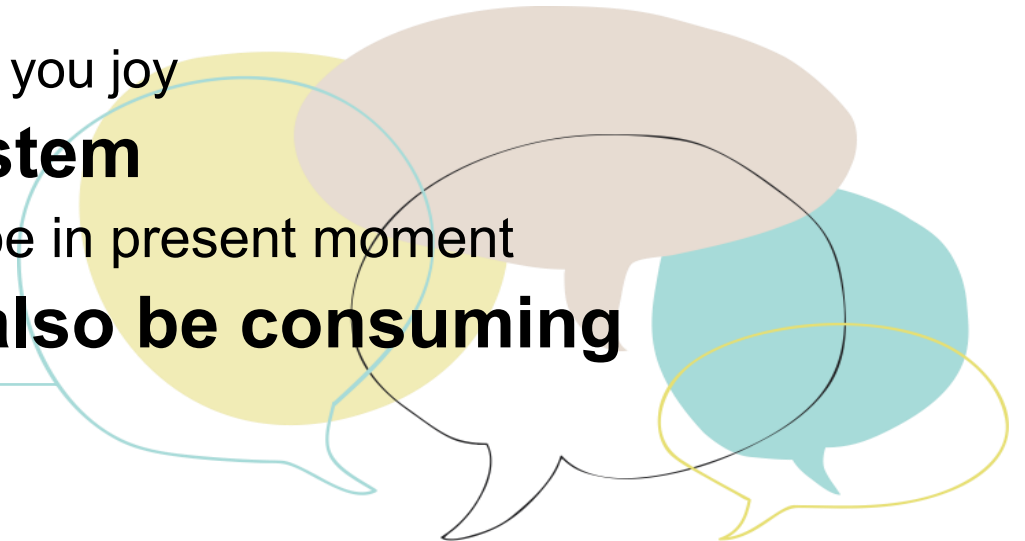
## 3. Detach yourself from studies

- Do something that feels meaningful and gives you joy

## 4. Be friends with your nervous system

- Nature, breathing, social contact, animals, be in present moment

## 5. Remember: exciting things can also be consuming



# Tips for wellbeing

It is worth sticking to leisure time hobbies so that you have other things to think about besides school, the brain works better after a break.

Spend free time that relaxes the brain (playing music, reading, etc.).

My well-being consists of a suitable balance of sufficient sleep, regular and healthy eating, meaningful work (studies and work) and leisure time.

You shouldn't stress about studying - when you do your best, it's definitely enough :)

During the winters, it could be a bit harsh or depressing due to the weather and the lack of sunlight. A suggestion would be to find a few activities every day that ensure you leave your residence and socialise with people. This is crucial in my opinion.

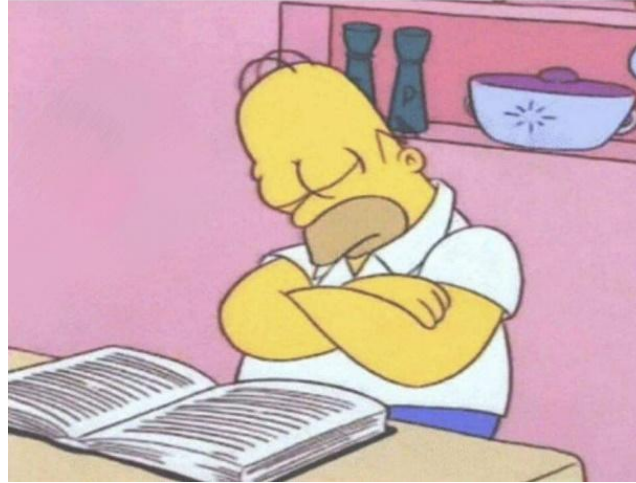
It's a good idea to do something other than just study—like go out for a walk or something. What also helped me a lot was learning to take time off and to relax.

## 2. Getting things done

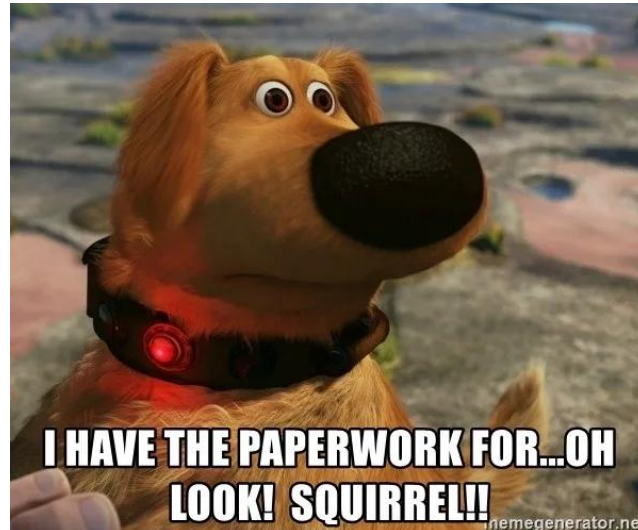
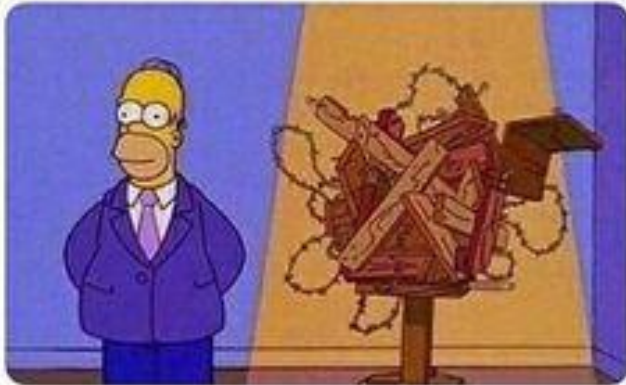
I'm a multi-tasking procrastinator... I can put off all kinds of things at once.



Me: I study better at night  
Me at 10:



me, presenting the project i finished the same day at 2:00am



### What is your typical time-management pitfall?

1. Time thieves – e.g. spending too much time on Youtube.
2. Procrastination – avoiding to start studying.
3. Problems with prioritization – shall I study or go to the party?
4. Lack of recovery – no time for rest and relaxing.

# Share with the student sitting next to you:

- **What is your typical time-management pitfall and has helped you to overcome it?**

# Tips for organized studying

It is a good idea to make **a good joint schedule for studies and other aspects of life one week at a time, and you should leave room for the schedule**, because sometimes there are obstacles, surprising events, or your own energy is just not enough to work hard every day.

Use a calendar.

Decide **on the priority assignments**

"These are the things I will do at least today".

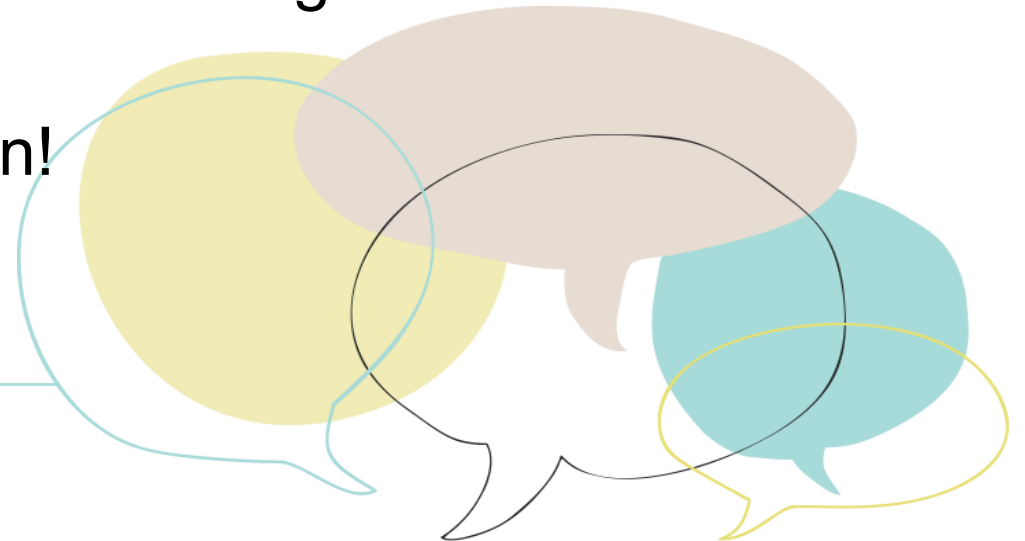
I would say that I'm pretty good at procrastinating with different tasks. However, I have noticed **a big difference in well-being when you pushed yourself to do tasks in advance to spread out on the sessions when you do them.**

You should forget about grades and **focus on the study process and how your mind works in it.** If the studies are organised to suit the student's characteristics and the student has a sense of agency and ownership of what they do, the grades are also good.

I would give the advice to **be realistic about how much you can do, and be kind to yourself.** Everyone learns at a different pace, don't be afraid to take less courses in one semester than you're maybe "supposed to take" and instead focus on really understanding what you are studying.

# 3. Motivation

- Motivation isn't on or off – you can affect it
- Motivation is created often by doing – concrete goals and getting things done affect motivation, so when you don't feel like it start from something
- Why am I studying – intrinsic and extrinsic motivation
- Is connected to the energy level - How am I doing? Do I have enough recovery in my days/ weeks?
- Studying together may boost motivation!



# Tips for social relationships

Fellow students help a lot with motivation.

**Sociability and getting to know other people.** Clubs, communities, guilds, guild rooms have been necessary, even though studies have slowed down

Talk to people in your class and be friendly!

Don't try to compete with others, don't try to compare yourself.

Work in groups, and **don't hesitate** to ask for help.

It's great if you can **find a small or large group to work through the assignments for your shared courses together.** Going it alone is tough, especially when the courses feel demanding and difficult.

Social relationships and community are, at least in my experience, an incredibly powerful source of strength—they help you stay engaged with your studies and keep life on track. **It's worth investing in in-person meetups so that real encounters and relationships can form.** Studying remotely is flexible at times, but you miss out on a lot that's hard to grasp beforehand. At university, it's easy to form friendships, acquaintances, professional connections, and build social skills for the rest of your life—if you give them a chance and are at least a bit proactive yourself.

# Starting Point of Wellbeing

Counselling on **wellbeing, studying** and life for all Aalto students. Free of charge.

- Drop-in counselling: 20-30 min without appointment
- Facilitated peer groups (e.g. Beat the Blues)
- Online materials (podcasts, Concentration Training, Career Planning)
- Courses (e.g. Mind and Study, Back to studies - Tauolta tutkintoon)
- Individual counselling with time reservation



# Group: Beat the Blues!

**Share experiences** in a relaxed atmosphere. **Insights on topics related to living in Finland.** Beat the Blues –events:

- **on campus** (Otakaari 1, Undergraduate Center)
- **free of charge** and open to Aalto international community

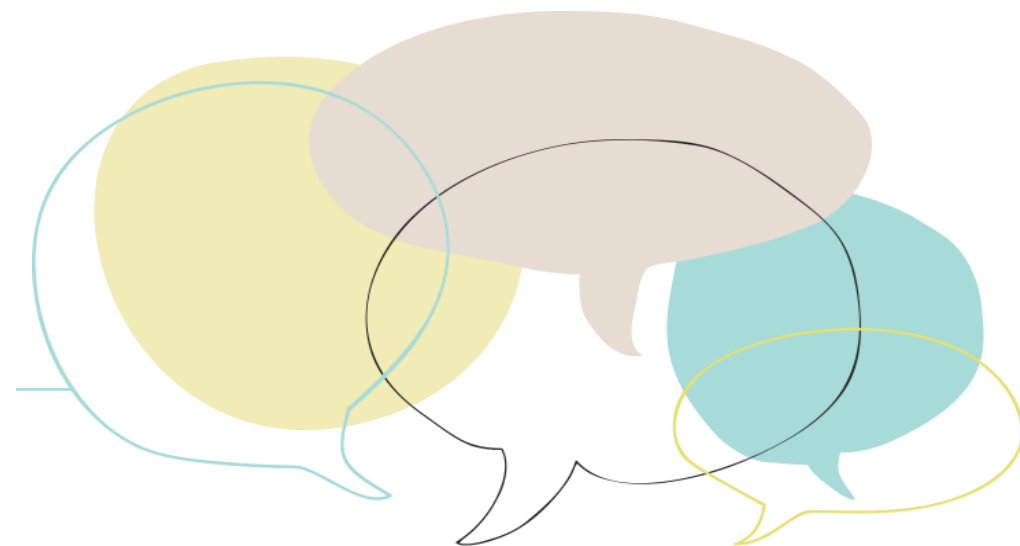
**Topics this autumn:**

- Living in Finland 24.9.
- Culture shock 22.10.
- Embracing Winter 19.11.2026

Info and registration: Beat the Blues! brings international students together and supports wellbeing | Aalto University



# Enjoy your studies and student life!



# Next on the programme today

**13.30–15.00 For non-EU/EEA citizens: Information on tuition fees and scholarships**

**Anna Lampivuo, Planning Officer, International Affairs**  
*B hall (Y203a), Undergraduate Centre, Otakaari 1*

***This information session is meant for students who come from outside of the EU or the EEA area and are therefore liable to pay tuition fees at Aalto.***