



SOPHIA PROGRAM FOR
SUSTAINABLE FUTURES

PROSPECTUS 2026

A collage of images representing sustainability and global impact. It includes a man in a light blue shirt gesturing, a tall modern glass skyscraper, a red brick building, a globe, two women in a garden, a man and woman in conversation, and a woman in a blue shirt holding a microphone. A circular seal with the text 'UNIVERSITY OF SOPHIA' is partially visible on the left.

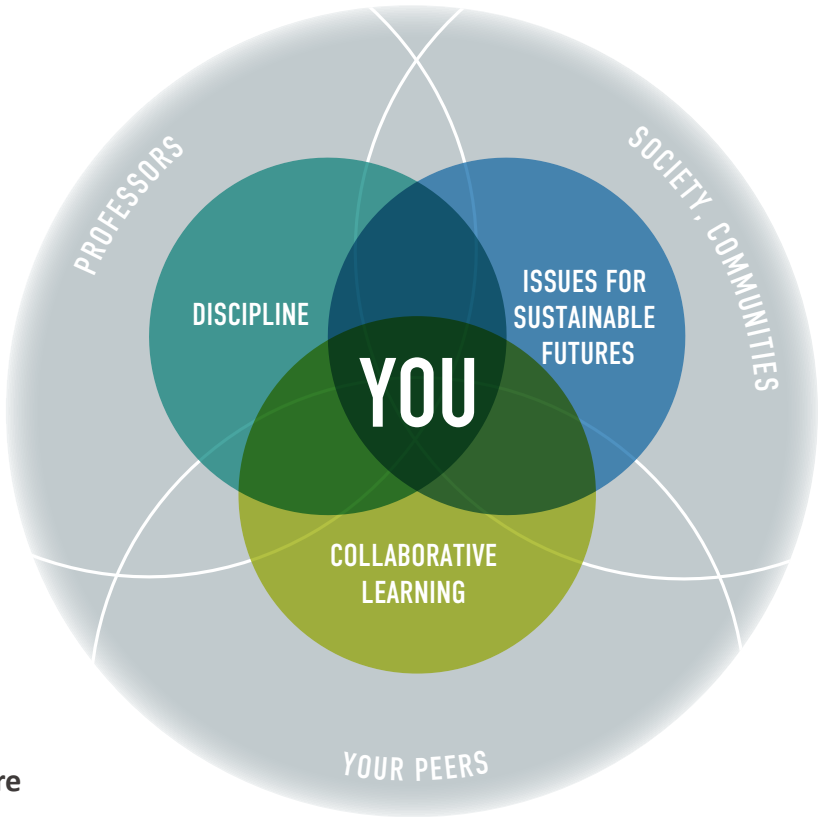
TO CREATE OUR SUSTAINABLE FUTURES TOGETHER

Across the World and Here in Tokyo

SPSF EXPLAINED

SPSF: A New Learning Environment to Create Sustainable Futures

The Sophia Program for Sustainable Futures provides students with a broad understanding of the world's diversities and teaches them the practical skills needed to contribute to building sustainable futures for others, with others. The students will learn about sustainability issues on a global and local scale and will collaborate with their peers and professors both on and off campus in order to determine how to achieve a sustainable future.



- Enhance Your Expertise in Your Department
- Broaden Your Horizons with an Interdisciplinary Approach
- Aiming to Build a Sustainable Future Together with Peers

Interdisciplinary Approach

SPSF is designed to develop students' critical and creative thinking skills to help them to work in the global and local environment and find solutions to issues faced by the international community using an interdisciplinary approach. By interacting and collaborating with students from other majors, students will understand issues from multiple perspectives. That's what makes SPSF so unique!

All Nine Faculties on One Campus

Sophia University has a compact footprint that brings together all faculties on a single campus. It allows SPSF to coordinate discipline-based courses seamlessly across six departments and offer an interdisciplinary learning environment at the same time.

All Courses Conducted in English

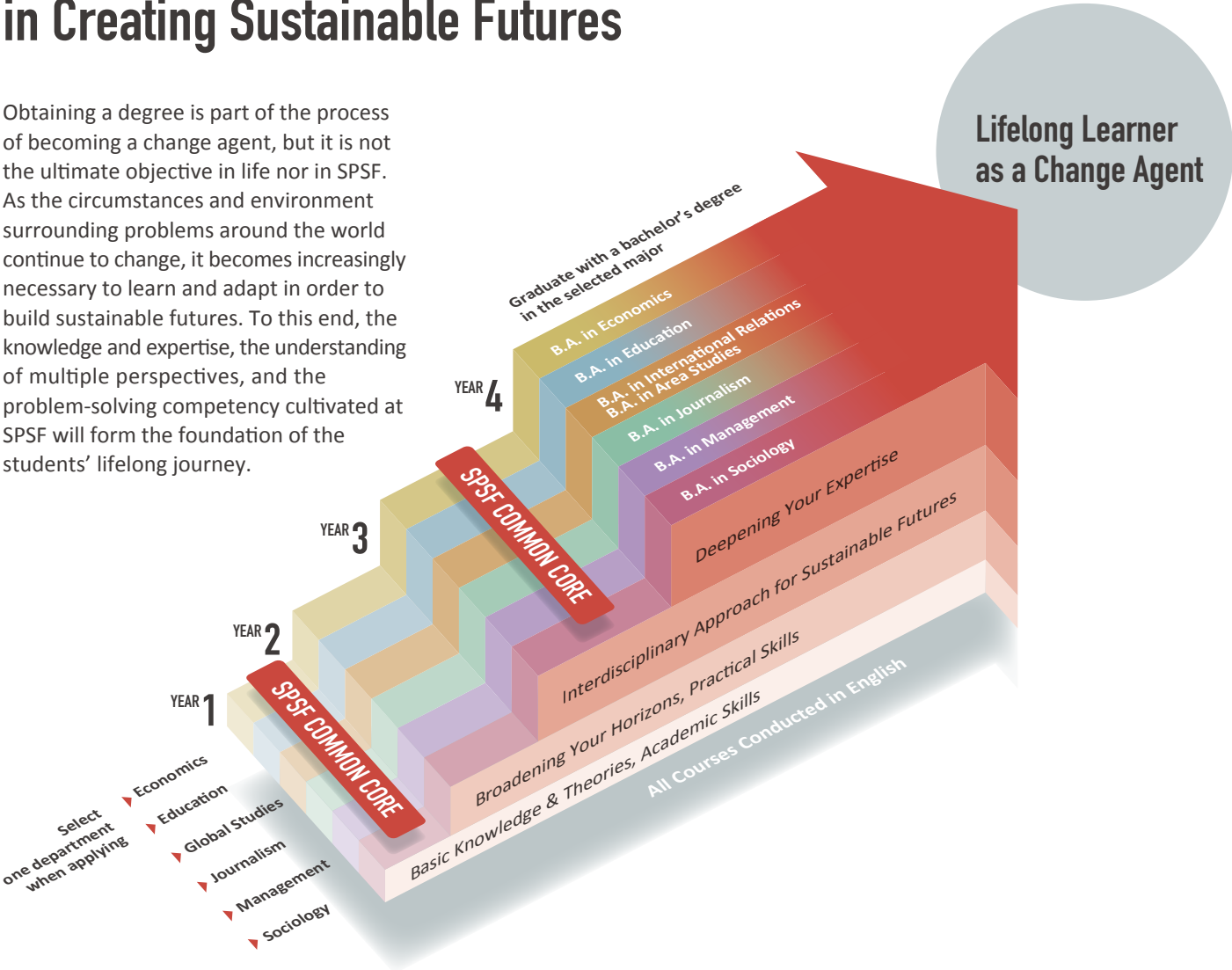
SPSF aims to create a learning environment free from conflicts of interest, where students from diverse backgrounds around the world can discuss their futures and deepen their understanding of each other's perspectives. In order to do this, English is used as the common language in which all participants communicate. With slightly more limited credits, courses conducted in Japanese are also available for SPSF students who wish to improve their Japanese-language proficiency or for those who are interested in courses relating to their respective specialized fields of study that are offered outside SPSF.

Offering Bachelor's Degrees in Specialized Fields of Study

SPSF students can study under the common core theme "sustainable futures" together with students from other disciplines to further their understanding of the theme and to obtain a bachelor's degree in one of seven disciplines when they graduate.

The Journey to Becoming a Change Agent in Creating Sustainable Futures

Obtaining a degree is part of the process of becoming a change agent, but it is not the ultimate objective in life nor in SPSF. As the circumstances and environment surrounding problems around the world continue to change, it becomes increasingly necessary to learn and adapt in order to build sustainable futures. To this end, the knowledge and expertise, the understanding of multiple perspectives, and the problem-solving competency cultivated at SPSF will form the foundation of the students' lifelong journey.



A Pioneer in Global Education in Japan

Sophia University now has 70 years of experience in providing courses in English and developing programs in which students can obtain credits solely in English. The knowledge obtained through the many years of experience is utilized in the development of SPSF.

Learning on & off Campus

Students will have opportunities for internships, field research, and other initiatives that foster practical learning in Japan and abroad. A variety of other opportunities such as study-abroad programs at affiliated universities, internships abroad, and international field studies are also offered.

Message from SPSF PROGRAM COORDINATOR

We face constant challenges in addressing emerging—and even yet-unseen—issues in society. Sometimes academia has the answers, but society is not ready to apply them. Why is that? How can we bring these solutions into the real world? Other times, we must invent solutions from scratch. How should we frame these problems? What might the best solutions look like? And how can we change individual or organizational behavior to achieve them? Our program invites you to explore these questions. Are you ready for the challenge?



Professor
Dr. Tetsuya HORIE

YOUR FOUR YEARS at SPSF

	YEAR 1		YEAR 2		YEAR 3		YEAR 4	
	Autumn	Spring	Autumn	Spring	Autumn	Spring	Autumn	Spring
SPSF Common Core	Theme-based First-Year Lecture in/about SF				Theme-based Third-Year Seminar for SF			
	Academic Skills Academic Writing 1	Academic Skills Academic Writing 2						
	Academic Skills Academic Presentations	Academic Skills Critical Thinking & Discussion						
Specialized Education of the selected fields of study ▶ Dept. Info P. 5–10	Courses offered by Dept. of Economics	Interdisciplinary Learning					Bachelor's thesis	
	Courses offered by Dept. of Education						Bachelor's thesis	
	Courses offered by Dept. of Global Studies						Bachelor's thesis	
	Courses offered by Dept. of Journalism						Bachelor's thesis	
	Courses offered by Dept. of Management						Bachelor's thesis	
	Courses offered by Dept. of Sociology						Bachelor's thesis	
	Foreign language courses taught in English							
General Studies	Compulsory & elective courses including foreign language courses taught in Japanese							
Others Other activities may need the extra semester(s) to graduation.			Internships					
			Study Abroad					
			Social Engagement Programs					
			Off-Campus Programs / Life Events					



Lectures and seminars for Sustainable Futures.

First-Year Lecture in/about Sustainable Futures

This lecture course is required for all SPSF first-year students. The six departments provide lectures related to each discipline of sustainability, while the SPSF coordinator shares the latest studies on sustainability and develops the lecture content from each department. Students learn about issues related to the various disciplines and engage in discussions that connect this broad content through the all-encompassing perspective of sustainability. The course deals with the basics of sustainability study and academic discipline in order to work towards sustainable futures.

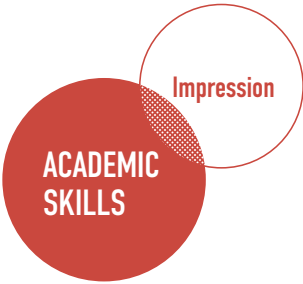
Third-Year Seminar for Sustainable Futures

This seminar course is also required to integrate the contents of various lessons the SPSF students have learned. Students bring their knowledge and skills to collaborate in addressing global and local issues related to sustainable futures. The seminar will be based on PBL style and potentially offer off-campus programs such as internships, study tours abroad, and online lessons. The students set their groups for common selective issues about sustainability and develop a solution after researching and analyzing the backgrounds and structures of the issues.

Please see the Syllabus inquiry at the Sophia University website for details.



“SPSF Common Core” The Required Courses for All SPSF Students.



As all of these compulsory classes are conducted in small classes (about 10 people), I personally enjoyed that I was able to connect more not only with peers but also with the professor. I feel like college can be full of classes with even hundreds of students where your distance from your professor can make it difficult to seek help when needed. In contrast, the Academic courses were more personalized and easy to keep on track as there were often times when professors would talk to you one-on-one which really helped.



The Department of Management Usaburo MENDENHALL



The Department of Journalism Maya YAMADA

I get quite nervous standing and presenting in front of other people, so this definitely pushed me out of my comfort zone. These classes give the basics of what will be used throughout university life. Academic writing was especially important considering we have to write a lot of reports and cite sources.



The General Studies courses provide a balance in class format compared to the small-sized SPSF classes, allowing me to meet and exchange opinions with students from Japanese departments too. I have enjoyed taking 'Mixed Roots Identity and Transnational Identity' by Professor Rooks since it gave me an opportunity and space to rethink and embrace my cultural identity. 'Cultural Revitalization and Community Building' by Professor Mizutani, has also opened my eyes on communities I was ignorant about.



The Department of Sociology Sana HORIKAWA



The Department of Economics Prakash SAPKOTA

Among the General Studies courses, I loved the class 'Philosophy of the Human Person' taught by Professor Haidar. Despite being online during the pandemic, this course was very interesting as it introduced me to the world of Philosophy through its easy-to-follow lectures and readings. Sometimes, I would ponder topics such as moral dilemmas and human freedom for days.

DEPT. OF ECONOMICS

Bachelor of Arts in Economics

Do you want to learn how economics can be used to provide insight into real-world, social and economic phenomena, as well as enhance logical thinking skills? Join us at the Department of Economics, where we teach you basic and advanced economic concepts, such as macroeconomics, microeconomics, and sustainable development. You will also apply your analytical skills to examine various issues associated with developing sustainable societies in a range of settings. You will have the opportunity to take courses in other Sophia University Departments and develop knowledge of other areas where economic concepts can be applied. Our courses feature small class sizes to promote active discussion between students and lecturers. We welcome self-motivated applicants who are interested in improving their understanding of the socio-economic issues occurring in modern society.

CURRICULUM As of AY2025

	First-year	Second-year	Third-year	Fourth-year
SPSF Common Core	<ul style="list-style-type: none">First Year Lecture in/about Sustainable FuturesAcademic Skills ★		<ul style="list-style-type: none">Third Year Seminar for Sustainable Futures	
General Studies (For details, please refer to P.3-4)				
Microeconomics Core	<ul style="list-style-type: none">Introduction to MicroeconomicsApplied Microeconomics	<ul style="list-style-type: none">Intermediate MicroeconomicsIndustrial OrganizationGame Theory		
Macroeconomics Core	<ul style="list-style-type: none">Introduction to MacroeconomicsApplied Macroeconomics	<ul style="list-style-type: none">Intermediate MacroeconomicsLong-run Economic GrowthInternational Finance		
Data Analysis Core	<ul style="list-style-type: none">Mathematics for EconomicsIntroduction to Statistics	<ul style="list-style-type: none">Introduction to EconometricsTime Series AnalysisIntermediate EconometricsApplied Econometrics		
Specialization		<ul style="list-style-type: none">Economics of Market FailuresEconomics of Social SecurityEconomics of Financial MarketsPolitical EconomyLabor Economics	<ul style="list-style-type: none">International Economics and BusinessEnvironmental and Natural Resource EconomicsContemporary Issues in International DevelopmentGlobal Development GoalsPoverty in the Global Economy	<ul style="list-style-type: none">Japanese EconomyAsian EconomyAfrican EconomyJapanese-track courses offered in the Department of Economics
Research		<ul style="list-style-type: none">Active Learning Seminar 1 and 2	<ul style="list-style-type: none">Research Seminar 1 and 2Research Seminar 3 and 4	<ul style="list-style-type: none">Bachelor Thesis
Interdisciplinary Learning		<ul style="list-style-type: none">Courses offered by other SPSF departments (Management, Sociology, Education, Global Studies, Journalism)		

★ Academic Skills: Academic Writing 1 & 2, Critical Thinking & Discussion, and Academic Presentation
NOTE: Courses in **bold** indicate compulsory courses.



Associate Professor Dr. Matthias SCHLEGL

Economics is the study of how individuals, businesses, and governments make choices about the use of scarce resources. Sustainability is therefore an important consideration in the economic analysis of societal challenges such as inequality, globalization, environmental problems or financial instability. Our interdisciplinary approach allows students to acquire a broader view on these issues and to think about sustainability from an integrated perspective.

I think that the Economics program within SPSF provides a unique opportunity to specialise in economics at a high level, which is an option at only a select number of other English-medium undergraduate courses in Japan. Specifically, the Economics program within SPSF provides the chance to study at a internationally competitive level, with highly demanding seminar courses to prepare students for entrance to international graduate programs.



The Department of Economics Keita Robert Hooker YOSHIKAWA

DEPT. OF EDUCATION

Bachelor of Arts in Education

The Education major at the Department of Education explores education and human development from international and interdisciplinary perspectives. You will take three core courses on Comparative Education, International Education, and Education and International Development, and three foundations courses on Curriculum and Instruction, Philosophy of Education, and Sociology of Education. The major prepares future educators, researchers, and global citizens who can create education for sustainable futures that respects human dignity. We look forward to welcoming you to our program.

CURRICULUM As of AY2025

	First-year	Second-year	Third-year	Fourth-year
SPSF Common Core	<ul style="list-style-type: none">First Year Lecture in/about Sustainable FuturesAcademic Skills ★		<ul style="list-style-type: none">Third Year Seminar for Sustainable Futures	
General Studies (For details, please refer to P.3-4)				
Compulsory	<ul style="list-style-type: none">Introduction to Educational StudiesIntroduction to Comparative EducationComparative Education in AsiaInternational EducationEducation and International DevelopmentCurriculum and Instruction			<ul style="list-style-type: none">Bachelor's Thesis/ Bachelor's Graduation ProjectResearch in Education
Compulsory Electives	<ul style="list-style-type: none">Special Topics in Education 1 : Philosophy of EducationSpecial Topics in Education 2 : Sociology of EducationSpecial Topics in Education 3 : Educational Policy Issues in Contemporary AsiaSpecial Topics in Education 4 : Global Citizenship, Humanity Empowerment and Critical Moral ConsciousnessSpecial Topics in Education 5 : Introduction to Epistemic Injustice, Transformation, and Education			<ul style="list-style-type: none">Undergraduate Seminar in Education 1Undergraduate Seminar in Education 2Undergraduate Seminar in Education 3Undergraduate Seminar in Education 4
Electives	<ul style="list-style-type: none">Quantitative Methods in SociologyIntroduction to StatisticsIntroduction to MacroeconomicsIntroduction to MicroeconomicsPrinciples of SociologyPrinciples of ManagementPrinciples of MarketingIntroduction to Area StudiesIntroduction to Global StudiesIntroduction to International Relations	<ul style="list-style-type: none">Global History and AsiaSocial Change in Postwar JapanContemporary Social ProblemsSociology of GlobalizationSociology of HappinessSociology of FamiliesConsumer Behavior 1/2Global Marketing 1/2Poverty in the Global EconomyGlobal Development Goals	<ul style="list-style-type: none">Special Topics in Sociology 1Special Topics in Sociology 2Ethics of Mass Communication 1/2International Communication 1/2Entrepreneurship 1/2Society and Politics in South AsiaGlobal BrandingTheory of International PoliticsConflict Resolution BPeace ResearchEnvironmental Sociology	<ul style="list-style-type: none">Advanced Studies (Cultures and Societies of Asia)Advanced Studies (Democracy and Conflict)Advanced Studies (Global Migration and Koreans in Japan)Advanced Studies (International Human Rights)Advanced Studies (International Organization B)
<ul style="list-style-type: none">Courses for Teacher & Curator Certification, Other Faculty / Department Courses				

★ Academic Skills: Academic Writing 1 & 2, Critical Thinking & Discussion, and Academic Presentation



Associate Professor Dr. Maria MANZON



In the words of our students: “education is at the core of many sustainability issues”; “education is the foundation for achieving sustainability by spreading its importance to society”. Education is key to sustainable futures. Quality education (SDG 4) is central to all the other SDGs. It is through education that we can nurture minds, hearts, and hands for sustainable futures.

In the SPSF curriculum, many of the courses are conducted in smaller classes, therefore we often have the opportunity to have critical discussions with our classmates. During our discussions, I enjoy exchanging opinions with others of different perspectives, backgrounds, and academic interests. The discussion with students among the 6 SPSF departments has been a great chance for me to widen my viewpoint and understanding.



The Department of Education Mana UEDA

DEPT. OF
GLOBAL STUDIES

-  Bachelor of Arts in International Relations
-  Bachelor of Arts in Area Studies

The Faculty of Global Studies (FGS) offers a unique opportunity for students to study both International Relations and Area Studies, enabling them to develop an interdisciplinary perspective on pressing global issues. Majoring either in International Relations or Area Studies in their third year, students engage in small-sized classes and seminars and learn through lively group discussions. The flexible curriculum allows students to explore other departments, learn foreign languages, and study abroad. Students broaden their horizons and develop skills for their future careers. Join FGS and become part of a community dedicated to making a positive impact on society both in Japan and worldwide.

CURRICULUM As of AY2025

	First-year	Second-year	Third-year	Fourth-year
SPSF Common Core	<ul style="list-style-type: none">First Year Lecture in/about Sustainable FuturesAcademic Skills★		<ul style="list-style-type: none">Third Year Seminar for Sustainable Futures	
General Studies (For details, please refer to P.3-4)				
Compulsory	<ul style="list-style-type: none">Introduction to Global StudiesIntroduction to International RelationsIntroduction to Area Studies	<ul style="list-style-type: none">Academic Skills for Global Studies	<ul style="list-style-type: none">Seminar	<ul style="list-style-type: none">Bachelor's Thesis
Compulsory Electives	<ul style="list-style-type: none">200 level Courses in Global Studies200 level Courses in International Relations200 level Courses in Area Studies <ul style="list-style-type: none">Major 300-400 Level Courses in International Relations or Area StudiesMinor 300-400 Level Courses in International Relations or Area Studies <p>* For more details, see SPSF Curriculum from Bulletin of Information at the Sophia University website.</p>			
Electives	<ul style="list-style-type: none">Courses for Teacher & Curator Certification, Other Faculty / Department Courses			

★ Academic Skills: Academic Writing 1 & 2, Critical Thinking & Discussion, and Academic Presentation

Why
SPSF?



Associate Professor Dr. Ayako KOBAYASHI

I believe the department offers various areas which gave me an insight into other departments, realizing other interests I did not have before. The first-year lecture on SPSF was one of the first ways I have gotten an idea of other departments to develop an understanding and extend my interests from the course. I am also hopeful for the future of this program to offer more variety of courses, as new departments are being introduced to the program.



The Department of Global Studies Yuto TOYOSHIMA

DEPT. OF
JOURNALISM

-  Bachelor of Arts in Journalism

Journalism is a major that examines the impact of media and communication on our world and future. The Department of Journalism's Sophia Program for Sustainable Futures offers a unique program that emphasizes the role of journalists and media organizations in shaping a better tomorrow. Students will acquire both theoretical knowledge and practical skills in journalism and communication while addressing real-world issues related to sustainable futures. Through seminars and a graduation dissertation, students will also develop their critical thinking and analytical abilities. If you have a passion for journalism and sustainability, we invite you to join our program.

CURRICULUM As of AY2025

	First-year	Second-year	Third-year	Fourth-year
SPSF Common Core	<ul style="list-style-type: none">First Year Lecture in/about Sustainable FuturesAcademic Skills★		<ul style="list-style-type: none">Third Year Seminar for Sustainable Futures	
General Studies (For details, please refer to P.3-4)				
Compulsory	<ul style="list-style-type: none">Communication 1Seminar 1 (Media Research)	<ul style="list-style-type: none">Seminar 2	<ul style="list-style-type: none">Seminar 3	<ul style="list-style-type: none">Bachelor's ThesisSeminar 4
Compulsory Electives		<ul style="list-style-type: none">International Communication 1International Communication 2	<ul style="list-style-type: none">Mass Media 1Mass Media 2	<ul style="list-style-type: none">Ethics of Mass Communication 1Ethics of Mass Communication 2
			<ul style="list-style-type: none">Reporting in English 1Reporting in English 2Reporting in English 3Special Topics in Sociology 1International Political EconomyGlobal Political EconomyJapanese Government and Politics	
Electives	<ul style="list-style-type: none">Language (One language from Japanese, Chinese, French, Spanish)			
	<ul style="list-style-type: none">Quantitative Methods in SociologyIntroduction to StatisticsIntroduction to MacroeconomicsIntroduction to MicroeconomicsPrinciples of SociologyPrinciples of AccountingPrinciples of ManagementPrinciples of MarketingIntroduction to Area StudiesIntroduction to Global StudiesIntroduction to International Relations	<ul style="list-style-type: none">Introduction to Global MediaMedia EnglishGlobal Media ProgramQualitative Methods in SociologySocial Change in Postwar JapanContemporary Social ProblemsSociology of GlobalizationSociology of HappinessSociology of FamiliesConsumer Behavior 1Marketing Strategy 1Poverty in the Global Economy	<ul style="list-style-type: none">Global BrandingConflict ResolutionPeace Research	<ul style="list-style-type: none">Advanced Studies (Cultures and Societies of Asia)Advanced Studies (Democracy and Conflict)Advanced Studies (Global Migration and Koreans in Japan)Advanced Studies (International Human Rights)Advanced Studies (International Organization B)
	<ul style="list-style-type: none">Courses for Teacher & Curator Certification, Other Faculty / Department Courses			

★ Academic Skills: Academic Writing 1 & 2, Critical Thinking & Discussion, and Academic Presentation

Why
SPSF?



Associate Professor Dr. Tomoki KUNIEDA

At first, I thought that I couldn't fit in well because of the language and cultural differences, however after two years of study, the diversity and inclusive environment have created a unique academic atmosphere in the department, which helped us work on several problems globally, such as the cross-cultural communication cases. Through multiple cultural considerations, we found more possible solutions and perspectives on the topic of global warming, sustainable journalism, and world peace cases. Also, the globalization process made most social problems more complicated. Still, when conducting the team discussion with students from all over the world, we found more possibilities and opportunities.



The Department of Journalism Jialin YANG

DEPT. OF MANAGEMENT

 Bachelor of Arts in Management

Business plays a vital role in tackling contemporary societal challenges by developing innovative business models. Our mission is to nurture aspiring leaders who can make rational decisions and catalyze transformative shifts in organizations and communities. Students sharpen their evidence-based critical and analytical thinking skills through our specialized curriculum across areas such as accounting, entrepreneurship, marketing, organization, and strategy. Foreign language and cross-departmental courses, as well as study abroad programs enhance students' transdisciplinary and global communication skills. We welcome applicants to join us in identifying problems and finding solutions to create a sustainable future as the next generation of business leaders.

CURRICULUM As of AY2025

	First-year	Second-year	Third-year	Fourth-year
SPSF Common Core	<ul style="list-style-type: none"> First Year Lecture in/about Sustainable Futures Academic Skills★ 		<ul style="list-style-type: none"> Third Year Seminar for Sustainable Futures 	
General Studies (For details, please refer to P.3-4)				
Compulsory	<ul style="list-style-type: none"> Introduction to Management 1 Introduction to Management 2 			
Compulsory Electives	<ul style="list-style-type: none"> Principles of Management Principles of Marketing Principles of Accounting 	<ul style="list-style-type: none"> Strategic Management Organizational Behavior Organizational Theory and Analysis Entrepreneurship Marketing Strategy Consumer Behavior Global Marketing Fundamentals of Accounting Financial Accounting Management Accounting 	<ul style="list-style-type: none"> Research Seminar 1・2 Special Topics in Management Challenging Frontline Issues in Global Business Global Branding Special Topics in Marketing International Accounting Advanced Strategic Management 	<ul style="list-style-type: none"> Research Seminar 3・4 Bachelor's Thesis
Electives	<ul style="list-style-type: none"> Courses for Teacher & Curator Certification, Other Faculty / Department Courses 			

★ Academic Skills:Academic Writing 1 & 2, Critical Thinking & Discussion, and Academic Presentation

Why
SPSF?



Associate Professor **Dr. Taku TOGAWA**

Students in the SPSF management course will learn the theories and frameworks to identify challenges facing sustainability in our society. I believe that studying in our department will provide students with valuable knowledge, giving them opportunities to think about solutions for social issues through the lens of business and management.

Management, being a wide-ranging field, offers students the opportunity to explore various career paths. As a high school student, I remember feeling uncertain about my future career. However, taking management courses like marketing, accounting, economics, and entrepreneurship allowed me to try out different subjects and gain clarity about my goals and interest.



The Department of Management **Usaburo MENDENHALL**

DEPT. OF SOCIOLOGY

 Bachelor of Arts in Sociology

Sociology is the study of how social surroundings influence and are influenced by human behavior and consciousness. Sociologists critically question social reality to understand and improve social phenomena. Sociology covers all aspects of life, from personal relationships to global issues. Our curriculum aims to foster intellectual curiosity and critical interest in human society. By teaching students how to analyze and comprehend our complex world with sociological theory and methodology, we help students understand the various dimensions of modern society as well as their relation to social structure and change. This enables our students to develop skills to propose solutions for an inclusive and sustainable society.

CURRICULUM As of AY2025

	First-year	Second-year	Third-year	Fourth-year
SPSF Common Core	<ul style="list-style-type: none"> First Year Lecture in/about Sustainable Futures Academic Skills★ 		<ul style="list-style-type: none"> Third Year Seminar for Sustainable Futures 	
General Studies (For details, please refer to P.3-4)				
Compulsory	<ul style="list-style-type: none"> Principles of Sociology First Year Seminar in Sociology Quantitative Methods in Sociology 	<ul style="list-style-type: none"> Sociological Theory 1 Sociological Theory 2 Qualitative Methods in Sociology Introduction to Statistics 	<ul style="list-style-type: none"> Advanced Seminar in Sociology 	
Compulsory Electives		<ul style="list-style-type: none"> Contemporary Social Problems Social Change in Postwar Japan Sociology of Families Sociology of Globalization Sociology of Happiness 	<ul style="list-style-type: none"> Work and Employment in Japan Environmental Sociology Special Topics in Sociology 1 Special Topics in Sociology 2 	<ul style="list-style-type: none"> Bachelor's Thesis
Electives	<ul style="list-style-type: none"> Introduction to Macroeconomics Introduction to Microeconomics Principles of Accounting Principles of Management Principles of Marketing Introduction to Area Studies Introduction to Global Studies Introduction to International Relations 	<ul style="list-style-type: none"> Introduction to Econometrics Consumer Behavior 1 Marketing Strategy 1 Poverty in the Global Economy International Communication 1 	<ul style="list-style-type: none"> Society and Politics in South Asia Theory of International Politics Challenging Frontline Issues in Global Business Global Branding Conflict Resolution Peace Research 	<ul style="list-style-type: none"> Advanced Studies (Cultures and Societies of Asia) Advanced Studies (Democracy and Conflict) Advanced Studies (Global Migration and Koreans in Japan) Advanced Studies (International Human Rights) Advanced Studies (International Organization B)
<ul style="list-style-type: none"> Courses for Teacher & Curator Certification, Other Faculty / Department Courses 				

★ Academic Skills:Academic Writing 1 & 2, Critical Thinking & Discussion, and Academic Presentation

Why
SPSF?



Professor **Dr. Carola HOMMERICH**

Sociology is a thematically broad discipline. It has strong overlaps with other disciplines like economics, education, journalism, and global studies. Within SPSF, you can also take courses from these other disciplines. This will help you gain a deeper understanding of the highly complex issues we are facing today and is a clear asset in identifying ways of moving towards sustainable futures. This is something that is unique to SPSF.

The interdisciplinary courses held by the SPSF program are helpful in providing opportunities to holistically approach the topic of Sustainability. By gaining new perspectives from courses of different fields and through discussions with peers from diverse backgrounds, the SPSF program encourages students to critically analyze the possibilities as well as the challenges we face in attaining a sustainable future which I believe is something of vital importance in current society.



The Department of Sociology **Riki KOGURE**

STUDENTS' LIFE at SOPHIA U



Keita Robert Hooker YOSHIKAWA
The Department of Economics

I participate in KASA sustainability which is a club that promotes sustainability on campus. KASA sustainability engages in a number of projects on campus such as composting and the operation of an on-campus garden. These activities are very rewarding as I can engage with students from diverse backgrounds including those who are in graduate and doctoral programs at Sophia. Together, we work toward developing a more sustainable university environment.



Mana UEDA
The Department of Education

I am currently the vice representative of the school event planning and organizing circle, "nexnect". Our circle organizes several school events throughout the year, but our most popular events will be Yukata Day (held in July), and Autumn Freshman Week (October). I enjoy seeing students and staff participating and having fun in the events organized by nexnect, and this circle has been a great place for me to develop my teamwork skills.



Tigha MITSUHASHI
The Department of Education

I'm currently part of the table tennis club at Sophia, and I am currently taking the role of vice captain at the time of writing. Table tennis being a sport that anyone can enjoy at any age, developing your skills in it can be worthwhile and fun. For me personally, being part of the club has helped me grow as a person and I enjoy every moment of it.



EXTRACURRICULAR ACTIVITIES

You can meet lifelong friends!"

"How is your dormitory life?" DORMITORY LIFE

Poonyaporn SUTHAMPORN
The Department of Sociology

Surrounded by residents from diverse nationalities and upbringings, I was able to learn and experience different cultures beyond the university environment through dorm events such as the welcome event, summer festival, cultural night etc. At the dorm, I am also currently a Living Group Leader (LGL) as I wanted to be a small part in forming an enjoyable living experience where residents connect with one another and engage in different activities together.



Sana HORIKAWA
The Department of Sociology

Living in Arrupe dorm with 6 other people has been fun yet also a learning experience. I have been able to grow my community and create a different kind of connection with my dorm mates, who are always there to welcome me home. Being with other Sophia students and seeing their lifestyles and cultural practices at a personal level every day, I have been able to truly learn more not only about others, but also myself.

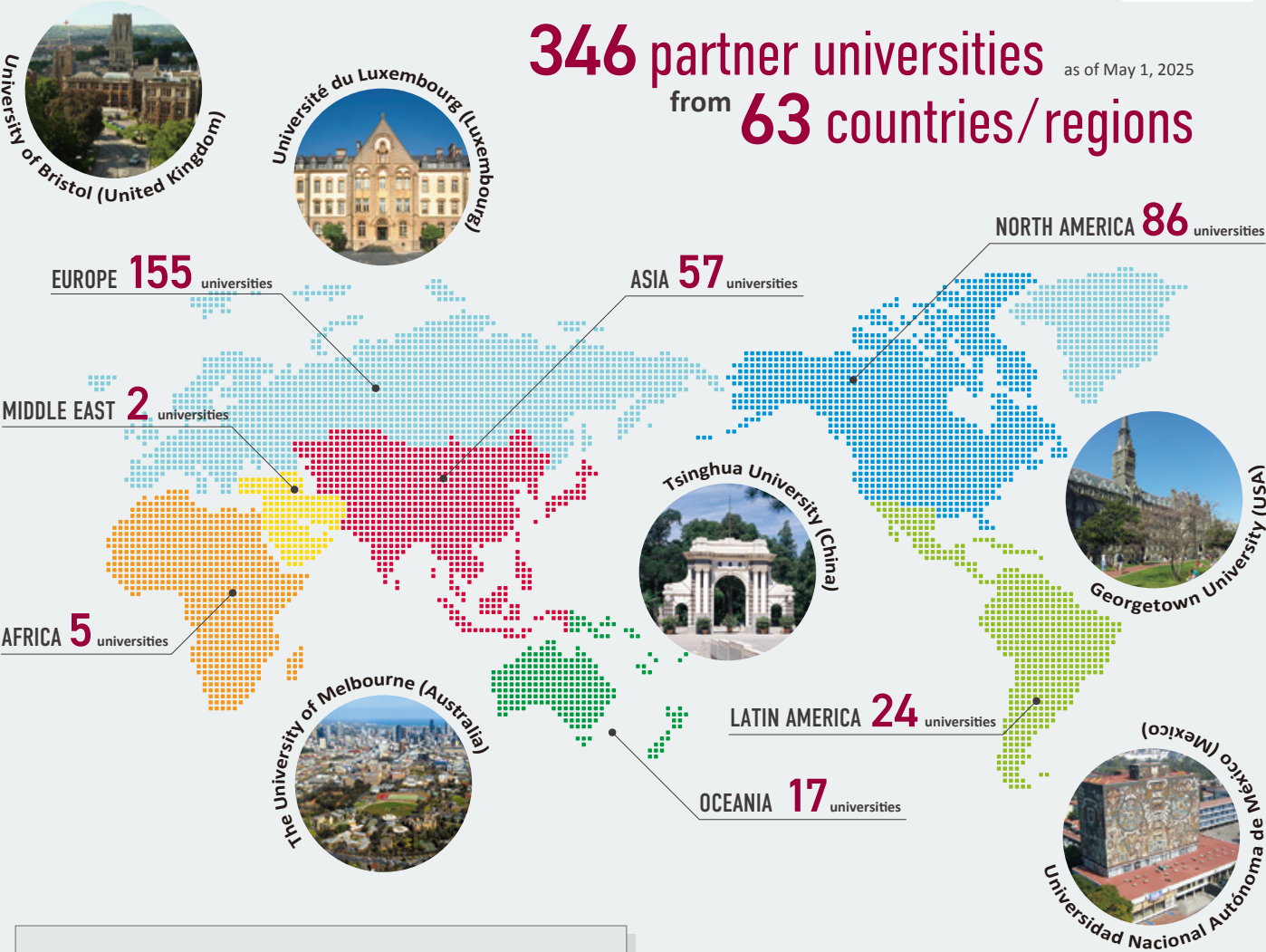
Tigha MITSUHASHI
The Department of Education

The Sophia Edagawa Men's Dormitory is quite unique compared to other dormitories as the student life is more independent. For individuals who want to grow, and develop a sense of independence, the Sophia Edagawa Men's Dormitory is a great place to start.

STUDY ABROAD



Find Out More



Where Have Our Students Studied?

AUSTRALIA	Royal Melbourne Institute of Technology The University of Melbourne The University of Sydney
CANADA	McGill University University of British Columbia
CHINA	The University of Hong Kong*
CZECH REPUBLIC	Anglo-American University Charles University, Faculty of Arts
FINLAND	Aalto University School of Business
FRANCE	ESSEC Business School Université Paris-Dauphine
SWEDEN	University of Gothenburg
SWITZERLAND	The Graduate Institute of International and Development Studies
U.K.	The University of Edinburgh University of Bristol University of Leeds University of London the School of Oriental and African Studies
U.S.A.	Saint Joseph's University The New School The University of Notre Dame du Lac The University of Texas at Austin University of Colorado Boulder University of Miami

Hong Kong*: Special Administrative Region of the People's Republic of China

Hana SAEKI

The Department of Global Studies

How was your study abroad?

Studying abroad in Canada helped me recognize my interests in multiculturalism and how salad societies work by allowing inclusive open discussions, empowering and accepting different communities, and overcoming challenges together. It helped me notice and share differences between Japan and Canada to my friends while learning my own strengths and capabilities!

Message for prospective students

Studying abroad can be intimidating. However, everything you experience will make you far more confident, resilient, open to new perspectives, and prepared for anything in the future. If exploring and connecting with people all around the world is something you want to try, then studying abroad is the perfect opportunity!



GRADUATION RESEARCH

Q: What is your thesis theme?

Framing Climate Change in Japan: How Government Ministries and Climate Justice Activists Shape Climate Change Discourses

Mana SHORT
Department of Global Studies

Tigha MITSUHASHI
Department of Education

Jukus and their Effects on Students' Attitudes towards Mainstream Schooling: A Case Study in Tokyo

Q: How does your thesis/topic relate to sustainable futures?

“ Mana: Environmental discourses deeply influence our understanding of and response to sustainability challenges like the climate crisis. Some narratives dominate while others are marginalized. My thesis critiques the hegemonic framings of climate change shaped by government and corporate actors, which often promote market-based solutions and neoliberal agendas. By highlighting alternative visions and counter-discourses from civil society actors, my study emphasizes the importance of justice, fairness, and equity when creating sustainable futures.

Q: Overall, what SPSF experiences, both positive and challenging, do you want to share with other students?

“ Mana: SPSF has expanded and deepened my understanding of today's complex challenges, equipping me to think more systemically and work more collaboratively. The small class sizes have allowed for personalized hands-on learning and the opportunity to build close connections with professors and peers. I'm grateful for how this program has nurtured my skills in a range of areas, including critical thinking, problem-solving, collaboration, creativity, empathy, and leadership.

“ Tigha: The whole process of researching for and writing the graduation thesis is a lengthy and challenging experience. However, due to SPSF's small class size and close communication between classmates and professors, we can receive very useful feedback for which I am grateful. In addition, SPSF's interdisciplinary approach has helped a lot in my thesis as I was able to use a combination of frameworks from both sociology and education.

“ Tigha: Education is related to sustainable futures as we take part in it to make positive changes for future generations. Jukus, in particular, can lead to inequalities in economic, social, and cultural capital. Research in education can help bridge the gap caused by it.

Q: Write your short message to prospective students.

“ Mana: What I appreciate most about SPSF is that it gave me a focused framework for my learning that enabled me to deep dive into a wide range of sustainability issues. While specializing in a particular field, you still have the freedom to explore other areas in an interdisciplinary way. There are also many opportunities outside the classroom to engage in creative projects, making Sophia a stimulating environment to be in.

“ Tigha: University is a place where a wide range of experiences is possible. So don't be afraid to try new things whether they be hobbies, clubs, or classes. You only have one life and university may become the last chance to have the freedom to explore the horizon of possibilities. Anyhow, good luck to your future endeavors.

SPSF STUDENTS' THESIS / PROJECT TITLES

*Only some titles are shown.

The Confluence of Human Rights and Artificial Intelligence (AI) in Smart Cities

Public School Funding Gaps in America: Mapping the Relationship Between Home Price and High School Student Outcomes in King County, Washington

Heteronormativity as Lived Experiences of Gay Undergraduate Students in Japan

How Does the Societal Perception of Disability Shape Support Measures? A Comparative Study of Japan and Nicaragua

Determinants of Environmental Literacy and its Relationship to Pro-environmental Behaviors among Youth in Thailand

Digital Transformation Analysis for Japanese Rural Revitalization

Fighting Misogyny with Hate: Observing Digital Activism of Women-led Anti LGBTQ Countermovements in Japan

Perceptions of University Academics on the Outcomes and Future Directions of MEXT's English Education Policies

The Significance of the US Housing Market for the 2008/2009 Financial Crisis

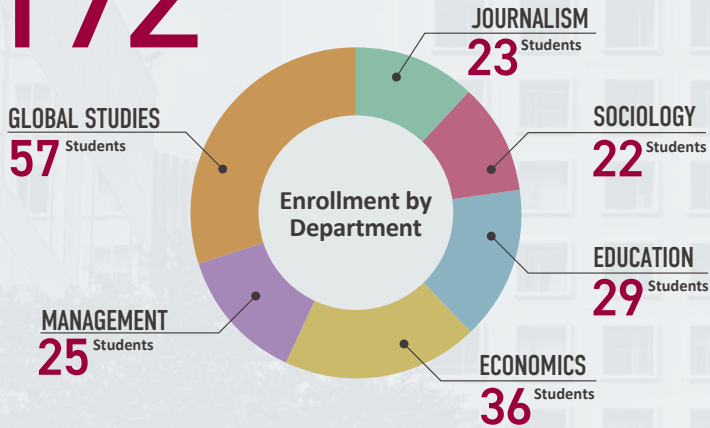
SPSF FACTS and FIGURES

- **Program Name:** Sophia Program for Sustainable Futures (SPSF)
- **Enrollment:** September (Autumn semester)
- **Establishment:** In 2020
- **Structure:** Undergraduate Program, Six Departments: Economics, Education, Global Studies, Journalism, Management, Sociology

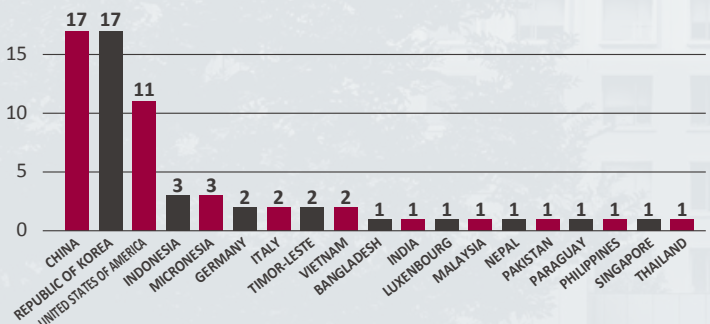
FIGURES as of MAY, 2025

Total Enrollment

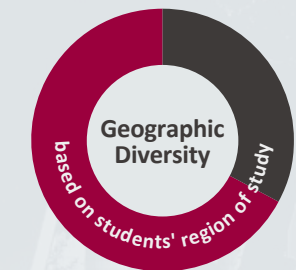
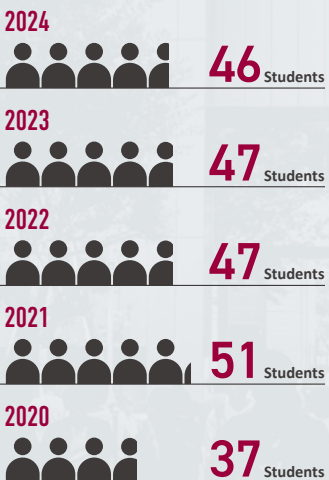
192 Students



Nationality (Non-Japanese)



Total Matriculated by Academic Year



What do our recent graduates do?

As of April 2025

Our graduates are working at a wide range of leading companies, including:

Megalix / Nihon L'Oréal K.K. / Nippon Steel Corporation / Nomura Securities Co., Ltd. / Parfums Christian Dior Japon / PwC Advisory LLC. / PwC Consulting LLC. / Sanyo Engineering & Construction Inc. / SBI Holdings, Inc. / Sharp Corporation / Shimizu Corporation / Teneo / Tokyo Edition, Toranomon etc.

Others: Further studies at graduate schools overseas and in Japan

SPSF FAQ

Q: Is the SPSF's enrollment intended for Japanese high school graduates or overseas high school and international school graduates (including international students)?

A: Both are possible. The program starts in autumn semester, which makes it easier for international students, returnees, and students from international / overseas schools to enroll. Of course, graduates of Japanese high schools are also welcome to enroll.

Q: What is the difference between SPSF and the Faculty of Liberal Arts (FLA)?

A: At the SPSF, students focus on the majors in their own department. Students take major courses in their department from the first to the fourth year. At the same time, students take SPSF common core courses in which students from six departments study together, such as courses on the theme of 'Sustainable Futures' and Academic Skills in English, and also take courses in the disciplines of the other departments of the SPSF. Meanwhile, the FLA offers a liberal arts curriculum, which provides students with an academic foundation and intellectual orientation before they choose a disciplinary major. The first year of study in the FLA is devoted to basic education, including the Core Program, General Studies courses, and language. From the second year onwards, the FLA curriculum requires students to choose a major from three fields (Comparative Culture, International Business and Economics, and Social Studies). The degree awarded is a Bachelor of Arts in Liberal Arts. The SPSF and FLA thus have significant differences in curriculum and degrees.

Q: Can I take classes which are taught in Japanese in the same department?

A: Yes, it is possible. Sophia offers a broad range of specialized courses which are taught in Japanese, which SPSF students can also take. However, please note that up to 24 credits of courses taught in Japanese count towards graduation requirements. Please make sure to plan your course of study carefully in consultation with your department advisor, considering the graduation requirements.

FINANCIAL ASSISTANCE

Various types of scholarships and financial aids are available.

Applications accepted at the time of admission application

- **New Student Scholarship**

We offer either 1/3, 1/2, or full tuition reduction for the first year.

- **Adachi Scholarship for international students from Southeast Asia and Africa**

We offer the full tuition and education enhancement fee reduction for the first year.

Other financial aid programs:

[Applications accepted after entrance]

<https://piloti.sophia.ac.jp/eng/scholarships1/>



HOUSING SUPPORT

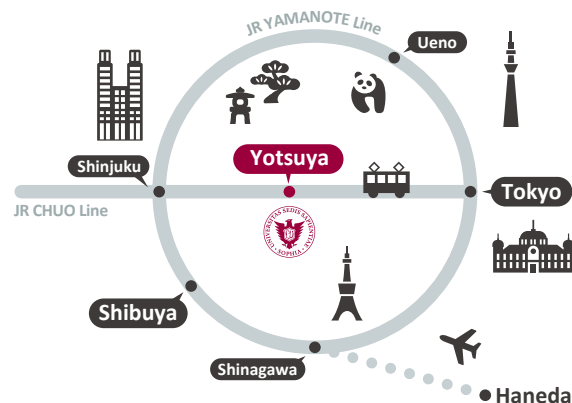
- **Sophia University has several off-campus dormitories and offers affiliated housing options.**

<https://piloti.sophia.ac.jp/eng/housing/>



In the Heart of Tokyo

The area around the campus has long been a hotspot of Japanese politics, economy, and culture. It is a place where you can feel the dynamism of the global city of Tokyo and enjoy a rich cultural experience that offers easy access to a variety of historical sites and cultural institutions such as museums, theaters, and libraries.



REGULAR ADMISSIONS

[DOCUMENT SCREENING]

- **For First-year Students**

Acceptance decisions are made on the basis of SAT/ACT/IB Diploma/GCE A Level scores (grades), TOEFL/IELTS scores, official high school transcripts, an essay, and two recommendation letters.

- **For Transfer Students (Third-year)**

Those who are expected to complete at least two full academic years or more of university/college education as full-time students can apply to SPSF* as transfer students**.

* Departments:

Economics, Education, Global Studies, Sociology, and Journalism.

** They must complete at least two years of study in residence in order to receive a Sophia University degree.

- **Application Period**

[First Period] November 12 – December 5, 2025

First-year Students

[Second Period] March 11 – April 1, 2026

First-year Students

Transfer Students

https://adm.sophia.ac.jp/eng/admissions/ug_p/en_ug/spsf/



TUITION

[FOR REFERENCE, AS OF AY2025]

First year: ¥1,614,650

https://piloti.sophia.ac.jp/eng/tuition/gakuhi_undergraduate/



上智大学
SOPHIA UNIVERSITY

Sophia University Admissions Office

7-1 Kiou-cho, Chiyoda-ku, Tokyo 102-8554, Japan

EMAIL : admission-u-co@sophia.ac.jp TEL : +81-3-3238-4018

www.sophia.ac.jp/eng/

FIND OUT MORE ON SPSF OFFICIAL WEB

Sophia SPSF Academics



リサイクル適性 (A)
この印刷物は、印刷用の紙へ
リサイクルできます。