



CAREER PLANS

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There are very few things in the world that we cannot choose: our own body, the historical epoch and the country of our birth, parents, and childhood events. Everything else in our lives depends more or less on our choice. One of the most responsible choices that determine our fate is the choice of a profession. Now there is a wide variety of professions. A profession is a very important part of a person's life, and the more successful you make a choice, the more you will achieve something in the professional field, the more you will feel successful and happy. Another of the most important prin-

ciples of choosing a profession is that you like it. After all, the work that you do with pleasure is always done easily, without feeling tired, and you do not notice the time spent on it. There are no bad professions. All professions are good! And before choosing our own, we must decide what we want. Sooner or later, the question of choosing a profession will arise in front of us, and to decide on the profession of your dreams and get acquainted with the «world of professions», read our newspaper!

Kseniya Serkova

Live and learn

How to Choose a Career

Puzzling over a career choice among all the job possibilities? You need a clear strategy. This article will set you on the right track through step-by-step tips.



According to a career survey conducted by the investment company Scottish Widows among recipients aged 21 to 65, 9 out of 10 people regret their choice of profession. Some choose a job under the influence or even pressure of their parents. Others are mistakenly guided only by emotions, starting with zest and then later discovering that their expectations are broken over the reality of everyday responsibilities.

Disappointment in choosing a profession nega-

tively affects the quality of life. The performance of unloved activities day after day can even cause prolonged depression. To pick the right career and avoid joining these frustrating statistics, it is important to sort out your feelings and understand where you see yourself.

How to figure out what career you want?

Your desires, needs, and aspirations should be decisive criteria and a powerful foundation when choosing a career. Neither the prestige of the position, nor the admiration of loved ones, nor even financial satisfaction, will compensate for a person's true vocation. To determine it, devote some time to professional introspection.

Tip 1. What do I like to do?

Try to be honest with yourself and list those activities and hobbies that regularly maintain your interest. For example, if you always back up your photos on social networks

with text or keep a live journal, this testifies to your desire for writing more than the fact that you once wrote an essay in school.

Tip 2. What do I hate to do?

This question will narrow the range of potential posts and help to determine a career that is definitely not for you. Suppose, in the first question, you indicated your interest is computers. And now you admit that you hate fixing them and tinkering in technical details. This allows you to conclude that the position of a software developer will suit you more than the role of a network engineer.

Tip 3. What is my personality type?

Personal characteristics often determine success or failure in a particular type of job industry. Introverts will have to get over their anti-social tendencies to achieve impressive results at a call center. At the same time, born innovators will waste their poten-

tial in companies with a clear multi-layered hierarchy and routine responsibilities. Therefore, identifying what type of individual you are is one of the critical steps for choosing the right path. If you find it challenging to label yourself to a particular personality type independently, there is a lot of useful literature and even specialized tests at your disposal online and offline.

How to find a career that fits you

After your introspection, you will have an idea of what you are keen on, what you prefer to avoid, and in which industries you will be comfortable. This is a good start! Nevertheless, the statements “I like to sing” and “I can sing” still sound differently. Therefore, the second step in choosing work should be an assessment of your strengths.

Tip 4. Does my education relate to my career goals?

Today, a degree does not guarantee that your profession is predetermined. Many graduates pick a career in an adjacent or even wholly new industry, and this is not always a bad thing. If you intend to put your education into practice, then you are armed with a theoretical base. And if not, think about where you will receive the necessary knowledge for the desired employment. Remember that the second option is more challenging, so evaluate whether you are ready to invest time and finances into its implementation.

Tip 5. What am I good at?

This is a useful addition to the “What do I like to do?” question. Choose a hobby or activity where managed to update the

relevant skills, transforming yourself from an amateur into a master. If such actions do not occur to you, then just write down your advanced capabilities and correlate them with a list of activities that are interesting to you. Choose common points and make them the basis for a career search.

How to choose the right career

Almost every industry involves a wide range of job opportunities. Given that you have a list of the basic requirements and your related skills or strengths, focus on positions that are most achievable for you at the moment. For example, if your priority is the marketing field, but you do not yet have enough qualifications to apply for the role of director or research analyst, you can succeed as an assistant or an intern. Once you have identified one or more specific posts, it is time to move to a more in-depth analysis.

Tip 6. Read some descriptions of the profession .

When picking a career, it is essential to understand the areas of responsibility and daily duties in order to gauge your strength.



Parents

make the difference?

Parental advice is not always a bad thing in choosing professions. And it is not necessary to follow them blindly. You can analyze for yourself what profession they have chosen and why.

Speech therapist

My mother's profession is a speech therapist. In my opinion, this is important because such person is engaged in diagnosing, preventing and correcting children and adults speech defects . She also uses special methods that include training and programs for restoring the pronunciation of both individual sounds and entire sentences.

As for my mother, she has classes with children and always do it in a playful way, where thinking and imagination are involved, as well as hand motor skills.

What is important about her job is that she tries to show the children a special world of sounds. She shares with them her knowledge, energy, and ability to learn new things. Thus, a speech therapist is an important specialty that not only corrects speech defects, but also helps develop the child's imagination and social skills.

Vika Ivanenko

Dentist

My mother studied to be a dentist, but now she works as a nurse. My mother saves people's lives, she finds out if a person is sick or not and helps him with treatment. Although she studied to be a dentist, she cannot say what to do in some cases. Mom doesn't work alone she works with the doctor and helps her. Sometimes she remains alone at work and replaces two at once. The job at a doctor is not easy. I'm proud of my mother!

Sofya Zubkova

“Choose a career you love and you will never have to go to work.”

Denis Waitley

Diplomat

I want to tell you about the profession of a diplomat. My dad is a diplomat and I think this profession is very necessary for the country and very interesting. If you are a diplomat, then you will be sent on business trips to different countries and you will be able to learn something new and curious about the country of arrival. For example, religion, sights, national dances, dishes and entertainment. The profession of a diplomat is necessary to establish and maintain ties between different countries. I believe that anyone can become a diplomat, you just need to keep your mouth shut, be able to make decisions quickly and never give up.

Dasha Serkova

English teacher

I would like to tell you about my mother's profession. She works as an English teacher for elementary school students. From Monday to Friday she comes to school, this is a place where she can relax, communicate with fellow teachers and children. They always play cheerful music, which sets the mood for quality work for teachers and students. I think every child who wants to learn English will be glad to study in such a wonderful school with such kind and understanding teachers. In addition to simply teaching the language, my mother instills in the children a love for their homeland and loved ones, and respect for elders. I'm glad that she works there and I'm sure that with her efforts and love for her profession, my mother lights up hearts, makes people happy and in a good mood.

Alyona Tkatch



The profession of an English teacher is the art of inspiring and educating students, opening doors to a world of knowledge and opportunities. My mother is an English teacher whose passion for language and learning knows no bounds.

Every day she greets her students with a smile and warmth, striving not only to impart knowledge to them, but also to inspire them to learn a new language. Her lessons are filled with energy, creativity and an individual approach to each student.

My mother not only helps her students master grammar and vocabulary, but also shares the cultural characteristics of English-speaking countries, revealing the world of literature, art and history to them. She tries to create an atmosphere of mutual understanding and support, where each student feels important and valuable.

Thanks to my mother's patience, care and professionalism, her students not only achieve success in learning English, but also develop as individuals, gaining self-confidence and self-confidence.

Tasya Antipina

“The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle.”

Steve Jobs

What does the future holds?

More than 80% of the professions that will appear by 2030 have not yet been invented. More than 50% of the routine work will be done by robots, even more than now. Artificial intelligence is already writing artistic texts, drawing pictures in a few seconds according to set parameters, creating beautiful portraits of cities, writing scripts, coping well with presentations, can support a conversation on a particular topic and many other things that we do not yet fit in our imagination. Let's assume what the future holds for us.

Data scientist

In today's changing world, the concept of work is constantly evolving. With advances in technology and automation, traditional jobs are being transformed or even replaced by new, innovative professions. As we look towards the future, it is clear that the jobs of tomorrow will require a different set of skills and competencies.

One profession that is sure to play a great role in the future is that of a data scientist. With the explosion of data in every aspect of our lives, from social media to healthcare, who can analyze and internet this data to make informed decisions. Data scientists are responsible for mining, organizing, and interpreting data to help businesses and organizations make strategic decisions.

In conclusion, the profession of the future will be dynamic, innovative, and multifaceted. As technology continues to advance and industries evolve, the jobs of to-

morrow will require individuals with a diverse skill set and a willingness to adapt to new challenges. Whether it be in data science, the opportunities. It is great for individuals to continuously update their skills and stay important profession of the future.

Olga Maleychenko

UAV operator

The modern world is more and more reminiscent of the plot of some fantastic movie. Previously, it was difficult to even imagine that a person would be able to create their own amazing worlds using virtual reality and unmanned aerial vehicles (drones) would deliver parcels and search for people.

Technical and engineering-oriented professions are becoming more and more in demand. That is why many educational institutions organize courses, additional

education programs that can interest students and direct them to their professional path.

Drones are already widely used for cartographic surveys, television broadcasts, filming, advertising, meteorological observations and cargo transportation.

The UAV operator is the profession of the future. A person who can easily remotely control a drone, and in case of a malfunction of the device can fix the malfunction, will always be appreciated, and his work will be highly paid.

This is a new profession — the first professional standard for it was created only in 2017, and the newest one came into force in March 2023. Nevertheless, drones are already being used in a variety of fields, for example, in construction, agriculture, cartography and geodesy.

Modern schoolchildren are interested in modern technical means of teaching. You can begin to master the profession of a UAV operator already in adolescence.

Where can students start now to go to the desired profession?

- * in-depth study of mathematics, physics, computer science and a foreign language at school
- * be interested and «savvy» in UAV-related news

Kseniya Serkova

Professions of the future

Professions of the future are professions at the intersection of several disciplines that will appear in 15-20 years. They will complement or replace existing professions. "RBC Trends" analyzed the forecasts of futurologists and researchers around the world and compiled their list of 150 professions of the future. I want to tell you about the professions of the future in the social sphere and education.

A mediator of social conflicts is a specialist who helps to resolve confrontations between groups of people in such a way that a peaceful way out is found.

A specialist in adapting people with disabilities to the Internet is a specialist who helps people with disabilities to integrate into social life. His assistance can be expressed in training for remote work, organization of the work process, selection of platforms for communication and educational programs.

A social moderator is a specialist who organizes the group's work on a topic, problem, project, so that it can reach a practical result as quickly and efficiently as possible. The social moderator does not come up with a solution for the group; he or she helps the session participants to make their own choices about what they will do and how they will do it.

A specialist in crowdsourcing public issues is a professional who collects and analyzes public issues and attracts resources to solve them. This is a new profession at the intersection of management, sociology, law and information technology.

A longevity counselor will work with people throughout their lives, but especially help the older generation to live productive and fulfilling lives.

A re-integrator is a specialist who helps people who have moved to fit into a new community. For example, people who have changed jobs, moved away because of

war or climate issues, or have dropped out of society because of health or lawbreaking.

Decision Assistant - listens to clients' needs, collects additional data that the client may not have access to, makes sense of this information and helps them make a decision.

Today we live in a constant continuous learning mode - the concept of lifelong learning. The general education system will inevitably give way to a personalized approach to each pupil and student. *Mentors and tutors* of the future will recognize and develop each person's talents from an early age.

A lifelong learning consultant can help you choose the most appropriate programs for continuing education, advise you on how to integrate learning into your life and provide guidance on new career paths.

An educational pathway developer is an expert in education who creates a learning plan of online and offline courses, internships, simulations and training.

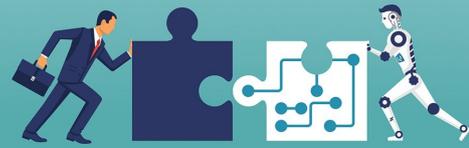
A gamemaster is a specialist who develops educational games and implements them in the educational or work process. Such employees are needed by schools, universities, various educational centers, and businesses. The implementation of a game approach in studies, work and other spheres is called gamification.

A personalized education and career guide is a person who helps to define and achieve professional goals. He analyzes the client's abilities, identifies his strengths and weaknesses, helps to create a personal educational program that will be closely related to career.

Mind-fitness coach - a specialist who helps to develop the client's cognitive skills with the help of special techniques.

Talent acquisition and development expert - a person who looks for capable employees, develops and

How Do We Best Combine Humans and Technology?



retains them in the company. It also helps them to adapt to their new place of work and helps the company to create a stable talent pool so that when an employee is dismissed, he or she can be quickly replaced.

An AI tutor will teach people how to maximize the power of artificial intelligence.

A memory optimizer will help increase working memory by digital implants and removing unnecessary knowledge.

Science artist - a person who creates artwork based on scientific research with the help of modern technology.

Knowledge Validator - develops knowledge assessment systems based on different parameters that provide feedback and unlock potential.

Collective Competency Coach - specializes in developing skills for productive group work: emotional intelligence, boundary building, non-violent communication, effective distribution of roles and tasks within the group.

Educational content packager - distributes educational material into small blocks, from which it creates individual learning programs customized for specific tasks.

Every year new specialties appear in the world and according to experts' forecasts most of the modern professions will disappear or be replaced by absolutely new ones necessary for a renewed society.

Artem Ryabov

What do we want to be?

Life isn't what you want it to be, it's what you make it become.

A military officer

These days, I have to answer a crucial question “what do I want to be?”. This year I have to make a decision about my future. Most of my friends decided to connect their future with hospitals and medicines. But some of them are going to be programmers. I support their ideas and strivings, still this is not my cup of tee. I want to be a military officer like my parents.



This profession requires discipline, being fit and of course an ability to solve the problems. The person who wants to become a military officer should be responsible, reliable, honest, patient and hardworking. This profession has always been popular and will be such for a long time.

As for me, serving my motherland is very respectful. Moreover, as saying says “Where there is a will there is a way”, it means that if I am determined to do something, I will get it done. This will be the case even if it is challenging or seemingly impossible.

Thiladet Salitsay

NIGHT EXPRESS MOSCOW–SAINT PETERSBURG

I would like to become a train worker called the night express Moscow-St. Petersburg. I've already ridden in it as a passenger and I liked its cozy interior and the idea in general. I liked the theme of the train and their atmosphere. What is the difference between the new Moscow - St. Petersburg night express and classic trains, including branded and express trains who plied before that? These are, of course, stylish wagons, which are painted black on the outside with gold-colored patterns and inscriptions. The train inside is a separate art. There is a pleasant beige luxury finish inside the train. It's as if you find yourself in a good hotel room with comfortable upholstered shelves, stylish curtains and all the attributes that a modern composition can boast of, such as an air conditioner, a bio toilet, boiling water and other vital systems. to provide friendly and expert advice to clients over the phone and in correspondence.

Yaroslav Zevakov



PILOT

I chose the profession of a fighter pilot. The profession of a pilot is very dangerous and complex. The profession of a fighter pilot requires very serious preparation both physically and mentally. To enroll, one must finish school and pass the physics exam, then enter a flight school to train pilots for various aircraft.



A pilot, unlike a civilian pilot, serves in the military. This is a specialist capable of operating military aircraft or helicopters. And if we are talking about piloting combat vehicles specifically, such a professional must be able to use the weapons with which the aircraft is equipped

A pilot is a specialist of a broad profile and a virtuoso of their craft. After all, it is not enough for them, like a civilian pilot, to simply fly an aircraft along a specified air route - they need to be able to maneuver in the sky, for which it is necessary to perform aerobatic maneuvers, maintain formation if the battle is led by an aviation unit, and also make instant decisions based on an assessment of the combat situation. Depending on the type of aircraft to be piloted, pilots have different specializations.

Alexey Marchenko

Pilot

There are a lot of interesting professions in the world!

As for me, I would like to be a military pilot like my grandfather. I have to wear a uniform. I have to get up early every morning and work a lot every day. Profession of a military pilot is not only a work, but also lifestyle. The pilots must be very careful and responsible, because they always risk their lives.

I think this profession is dangerous but very interesting and important nowadays.

Timur Murashov



“Watch and learn!”

A.V. Marchenko

Psychologist

My future profession is a psychologist. Psychology fascinates me with its depth and ability to help people. Qualities required for this profession include empathy, patience, analytical skills and listening skills. The scope of activity of a psychologist is varied: counseling, diagnosis of mental disorders, psychotherapy, work in education and business.

The benefits of a psychologist's work are invaluable. It helps people overcome difficulties, resolve conflicts, increase self-esteem and find their place in society. As a result, the quality of life of society as a whole improves.

Possible work for a psychologist includes working with clients in private practices, hospitals, schools, universities, corporations, government agencies and non-profit organizations. Psychology is a profession that can bring benefits and change people's lives for the better.

Sophiya Borichevskaya



“The harder I practice, the luckier I get.” Gary Player

PROGRAMMER

I want to be a programmer. A programmer is a specialist engaged in programming. That is the creation of computer programs. Programming as an occupation can be the main professional activity or it can be auxiliary in solving other problems. It can also be a hobby. The average salary of a programmer in Russia is about 60,885 rubles. My dad works as a programmer. So he can always help and explain everything to me. This profession matches my type of thoughts and character. I am good at Maths and I can sit for hours and do boring things. The main thing for me is to start. I chose this profession at the age of 12 and am going to stick to it. I chose the language C#. I will make different games in Unity. I am confidently moving towards my goal and I hope I can become a programmer. programming is fun.

Danya Ryabov





Designer

Each person has his own talents. A man grows up choosing a profession. I really like the profession - Designer. A designer needs to have a sense of style and follow the fashion. He or she can draw well. The designer creates new things. First, he draws plans, and then designer sews dresses, T-shirts and other things. They also make bags, shoes, rings, neckless, bracelets and other accessories.

There are also interior designers. They help create the style of a room or an apartment. Then the room becomes more beautiful.

I want to become a clothing designer because I want to create the most beautiful clothes in the world.

Leyla Talybova



Mechanic

I want to be a mechanic. I think it's an interesting job. I like to ride a bike. The bike sometimes breaks. My dream is to fix it.

Vova Serkov



Cosmonaut

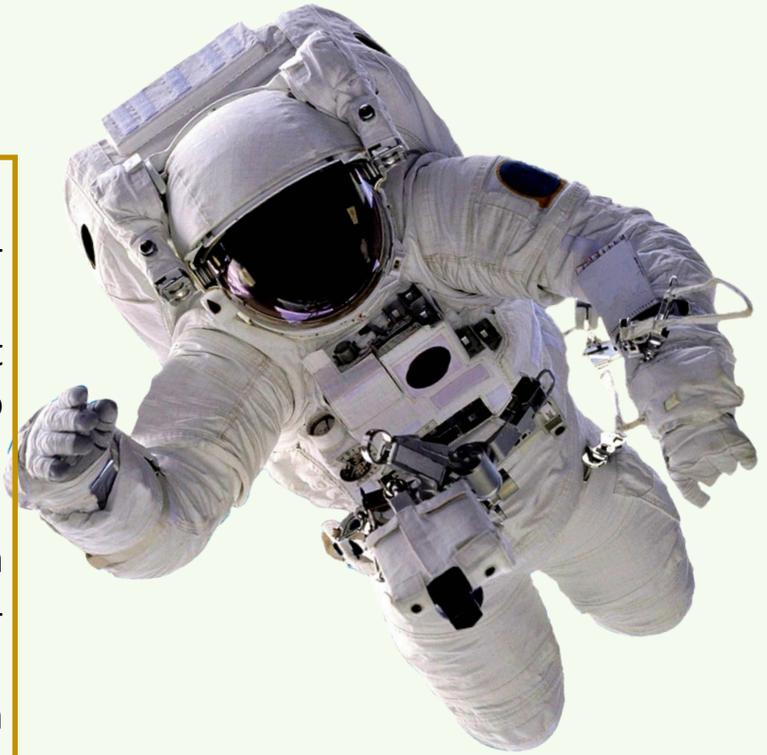
When I grow up, I want to become a cosmonaut.

This is an amazing profession. It is cold in the space and there is no oxygen.

Few facts:

- ◆ first space flight took place on 12th of April, 1961. It was conducted by Yuri Gagarin;
- ◆ 945 people have passed selection as a cosmonaut, 600 of them conducted a flight into a space;
- ◆ 878 days and 11 hours a famous Russian cosmonaut Gennady Padalka spent in the space.

Ivan Maniuk



**“The future depends on what you do today.”
Mahatma Gandhi**

Astronaut

I want to become an astronaut. I dream of flying to the Moon. I'm very interested in space. Space is very beautiful. You can see so many things in it.

Masha Vakhnovskaya

“Whether you think you can or you think you can't, you're right.”

Henry Ford

Veterinarian

My future profession – veterinarian.

I like animals and I will go to work with pleasure. A lot of people keep pets, so veterinarians are always needed. I will help all animals: both domestic and homeless. But I need to be careful, the animal can bite and infect.

I need to study a lot to become a veterinarian. Rita Milovanova



Veterinarian

I want to be a vet. A vet is a doctor for animals. I love animals. I want to help them.

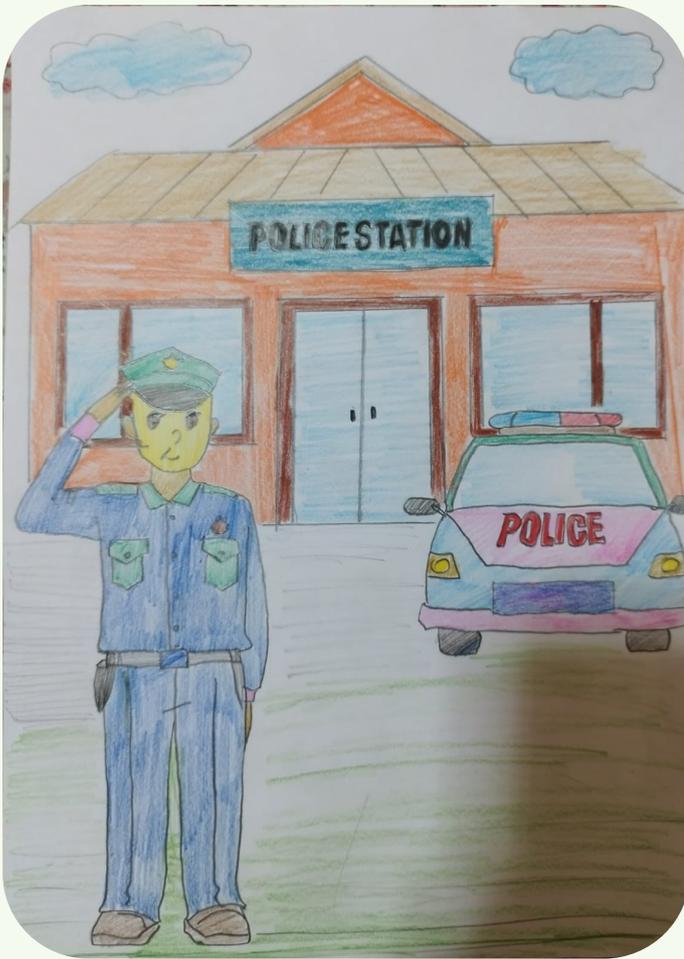
Liza Belova



Digital artist

I want to become a digital artist. I rarely draw at home, but I went to the Tretyakov Gallery. I like fantasy, action and detective stories. I would like to make a videogame “Sherlock Holmes 2: an Investigation into an Environmental Disaster.”

Lena Ryabova



Policeman

My favourite profession is a policeman. It is a very dangerous but important job. Policemen help people.

Stepan Gudnev



Diplomat

I want to be a diplomat like my father. Diplomats are clever and know a lot of languages. They travel a lot. Liza Ryabova



Choreographer

I've been dancing since 4 years old. I liked my teacher Galina Viktorovna. She is beautiful and slender. I want to be the same. Galina Viktorovna taught me the basics of dancing.

Then our family went to Greece. There I met another choreography teacher. Her name was Maria Vladimirovna. I continued dancing in her group. Maria Vladimirovna is also slender and cheerful. After the lesson, she treated us delicious cookies.

I live in Laos now. I attend a dance club. My teacher's name is Natalia Nikolaevna. I really like her. She praises me for my success.

Choreographer is a creative profession. He or she is engaged in the production of dances. In the future I will choose the profession of choreographer. And now I just enjoy dancing. Polina Makarenko

We Ask You Answer

Sometimes we meet people who plays a very important role in our life. They can be our neighbours, teachers, friends' parents or celebrities. Our Embassy doctor is one of them. We decided to ask her about her career.

1. Tatyana Nikolaevna, how long have you been working as a doctor?

I have been working for over twenty years.

2. How much time do you devote to this work?

I devote almost all my time.

3. What are your responsibilities?

My responsibilities are to help people: treat the sick and carry out prevention.

4. How does your profession influence you?

It has only a positive effect.

5. Is there any creativity in your work? When and how can you show your creativity?

Certainly. Any clinical case is creativity. There is a special approach to each patient.

6. What phrase do you say most often at work?

Get well!

7. What is your biggest achievement in

your job?

Patient's recovery is all that I want to achieve.

8. Have you ever had to overstep your principles in your professional activities?

No, never.

9. At what age did you start thinking about choosing a profession? How did you decide on it?

At 4 years old. I wanted to become a doctor, I treated dolls and cats.

10. Who would you recommend to become a doctor? Who would it suit?

To everyone who wants to help people.

11. What would you like to learn in the future?

Now there are many new drugs and techniques. It is always necessary to study if you want to be a good doctor.

12. What is your life motto.

Everything will be fine.

Violetta Zubkova

LITERATURE CORNER

IF

RUDYARD KIPLING

• • •

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master,
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it all on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!