

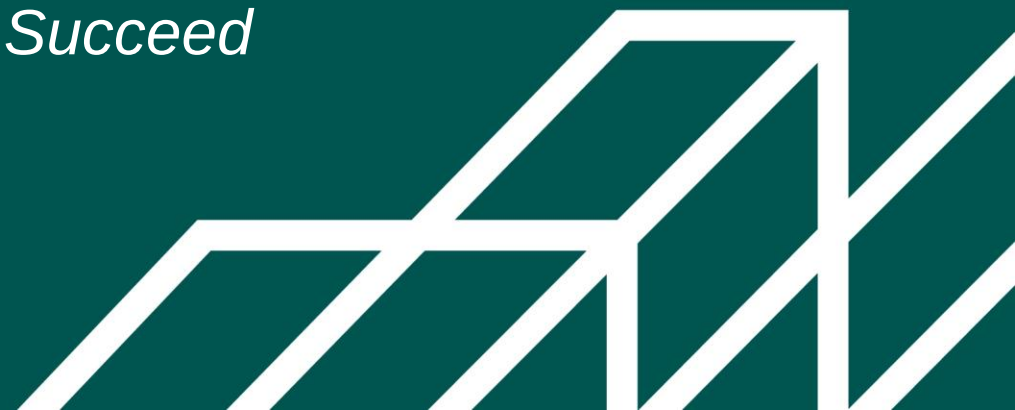


Career development path and support for it

Career Course

Career Lab: Plan, Practice, Succeed

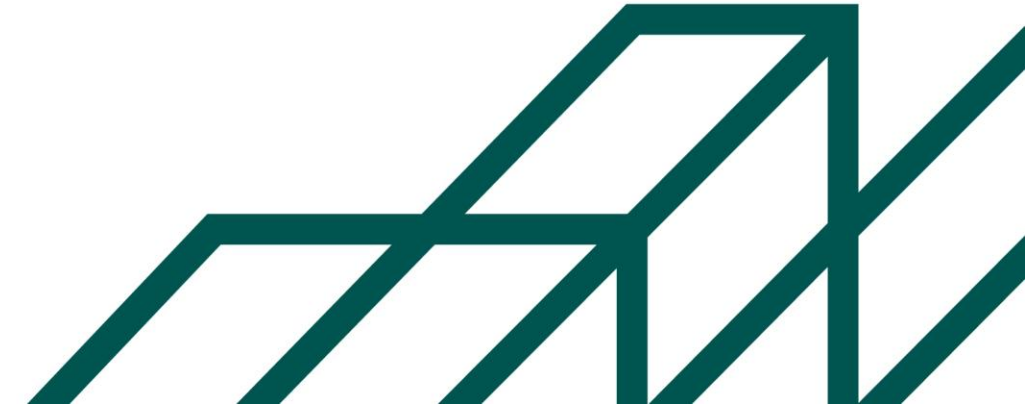
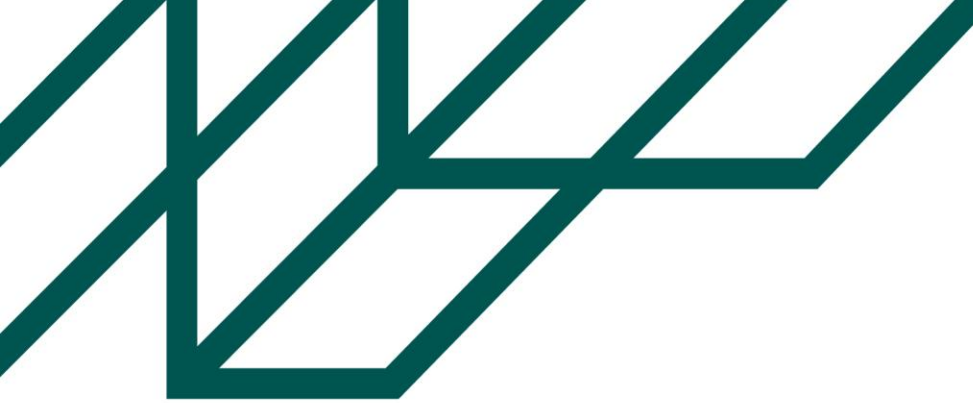
Santa Latkovska





Content:

- Development of individual career map
 - Support for Students provided by RTU Well-being and Career Support Centre's Services for Students
 - RTU Development Fund
 - Evaluation of the course
- 



Development of individual career plan

Your career plan is your treasure map

Career plan is important because it gives you structure, clarity, and direction for your professional growth. It is like drawing a **map for your future** – it won't guarantee everything will go as expected, but it will guide you, help you adapt, and keep you moving toward what really matters to you.



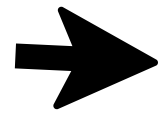
Preparing individual career plan

In the end of the course we would like to invite you to prepare your unique and individual career plan.

What will you gain from it?

- It will clarify your career goals and direction
- It will help to keep motivation and focus
- It will Identify skills and knowledge to develop
- It will support better decision-making
- It will Increase adaptability to changes
- It will build confidence in choices
- It will allow tracking and celebrating progress

*Make it, keep it, revise it if necessary! It will work like a **map** that guides your professional journey. **Use Worksheet No.7_Creating My Personal Long-Term Career Map***



Link to Worksheet No.7

Creating My Personal Long-Term Career Map

Ready? Lets start!

Here is the table you can use for your map. But you can also create your own!

My Career Map

Timeframe (years)	Career Goal	Skills to Build	Actions / Steps	Challenges to overcome

ATTENTION! *Use the guiding steps and questions in the next slides to help you build your map!*

Guiding steps 1-2

1: Define Your Vision

Ask yourself:

- Where do I see myself in 5 years?
- Where do I see myself in 10 years?
- Think both professionally (job title, field, achievements) and personally (lifestyle, location, work-life balance).

Example:

- 5 years → Marketing Manager in an international company.
- 10 years → Marketing Director, leading strategy across regions.

2: Break It Into Milestones

Divide the journey into short-term, mid-term, and long-term goals:

Example:

- 0–2 years (short-term): Skills, education, internship/ first job/role.
- 3–5 years (mid-term): Promotions, specialization, leadership experience.
- 6–10 years (long-term): Senior roles, thought leadership, entrepreneurship, or pivot.

Steps 3-4

3: Identify Skills & Knowledge Needed

For each milestone, list the skills, certifications, and experiences you'll need.

- Technical (hard skills).
- Soft skills (leadership, communication, networking).
- Credentials (Bachelors, Masters, PhD, certifications, languages).

4: Map Opportunities & Resources

Ask:

- What kind of jobs, internships, or projects will get me there?
- Who can support me (mentors, professional networks, colleagues)?
- What resources (courses, conferences, volunteering, side projects) should I use?

Steps 5-6

5: Anticipate Challenges

Think about possible barriers (time, finances, confidence, competition) and plan how to overcome them.

6: Fill in the table

Any time you can revise your map, update it, or start the new one.

For inspiration, please find the example of the filled table on the next slide

Remember!

Career paths are rarely straight lines.

*Unexpected opportunities, challenges, and detours can make your journey unpredictable – but they also make it **richer and more interesting**.*

Example of Career Map

Timeframe	Career Goal	Skills to Build	Actions / Steps	Challenges to overcome
0–2 yrs	Complete Masters, get first industry job	Research, teamwork, project management	Apply for internships, attend conferences	Hardship to find first job – building network Finances – need loan
3–5 yrs	Become Senior Specialist / Team Lead	Leadership, advanced technical skills	Get certifications, lead a project, mentor juniors	Confidence – improve important skills (soft/technical) or gain new ones Competition – show your loyalty to organization, follow the new tendencies of your industry, improve your abilities, develop your personality, be prepare to compete and lose
6–10 yrs	Manager / Director role	Strategic thinking, budgeting, public speaking	Network, publish work, join industry boards	Competition - learn from the best leaders, become the leader of your industry, don't stop improving your skills, be a visionary

Now you're ready to start your own map!

RTU Well-being and Career Support Centre's Services for RTU Students

**RTU Well-being and
Career Support
Centre services**



Aims and Objectives of the Well-being and Career Support Centre (WCSC)

- promoting cooperation and communication between universities, students, employers and RTU graduates;
- helping youth to integrate into the labor market and develop skills for it;
- provide career and psychological support;
- provide assistance to future students in the selection of study programs and in the decision-making of their careers;
- provide support for live long learners;
- to organize career support events.

Our specialists provide the following career support services:

- career counselling, career testing
- workshops, seminars, career courses;
- job and internship offers (E-Career, Career lift);
- career related events (Annual Career Day, etc.)

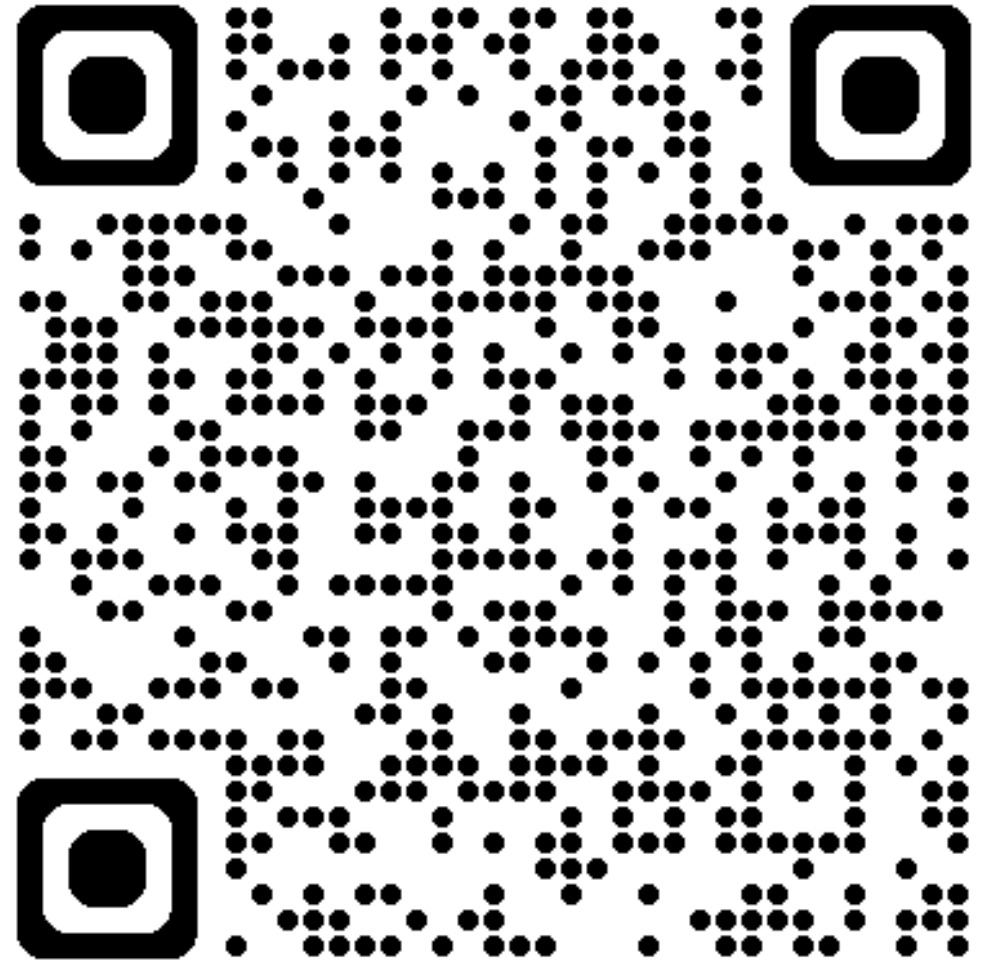
Your future starts here!

Book a time with a
Career Counsellor:
career@rtu.lv

Appointments are available:

- In person
- Online
- For individuals
- In groups
- In Latvian/English

**Learn more
about the
WBCSC activities
& all provided
services here:**



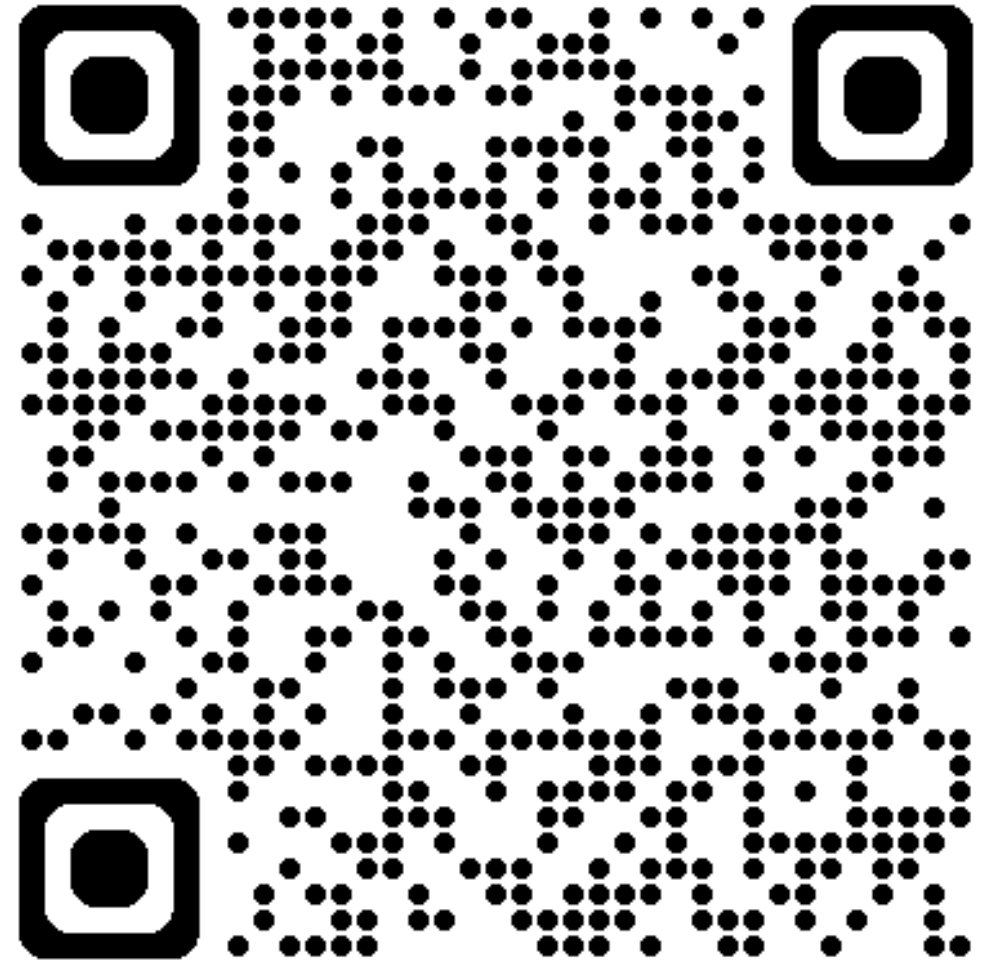
**Support for Students provided
by RTU Development fund**



RTU Development fund: what and how

- Promoting science and innovation: provides funding for scientific and innovation projects
- Supporting students' professional development: career development through internships, scholarships and awards for excellence
- Practical Skills Promotion Scholarships and offering paid internship places for students.

More about the RTU Development Fond



Congratulations, you have finished the course!



We greatly appreciate your effort, patience, and resilience. Thank you for your participation!

We would like to kindly ask for your feedback. Please evaluate the course. It is essential for improving the quality of this course. Your feedback will help us identify what worked well and what could be enhanced in the future. Also, we will know that you have completed the course.

Please fill out the questionnaire:





If you need a career consultation, write to career@rtu.lv
Want to receive job vacancies on your phone? Join at ej.uz/career_elevator
More useful resources [here](#)

RTU Well-being and Career Support Centre
2025

