**Materials for the website Chapter 1**

**Practice Questions: Test Your Knowledge of Key Terms, Facts, and Perspectives**

1. What are the two different meanings and translations of the word *“Russian”* in the Russian language?
2. What are the geopolitical reasons behind Russia’s significance in global affairs?
3. What are some of the key paradoxes commonly associated with Russia?
4. With which religion do most Russians identify?
5. Name four NATO countries that share a land border with Russia.
6. When did Russia first acquire nuclear weapons, and when did it achieve nuclear parity with the United States?
7. What are the main components of Russia’s soft power strategy?
8. What was the Katyn massacre, and what lessons does it hold?
9. How is a *hybrid state* defined, and how might it apply to Russia?
10. What does *“sovereign democracy”* mean in the context of Russian politics?
11. Does Russia currently face food shortages?
12. Russia’s post-1991 history is commonly divided into three major periods. What are they?

**Additional study resources and databases:**

**Russia Profile** is an English-language information service and community platform consisting of a daily-updated Web site and a quarterly special report, geared toward a wide range of readers with a professional interest in Russia. It offers a comprehensive and concise view of business, economic, political and cultural trends and processes underway in Russia.

<http://www.russiaprofile.org>

**Experts’ Assessments of Russia**. Check Russia’s contemporary ranking on different aspects according to expert surveys by checking these sites:

Freedom House: [www.freedomhouse.org](http://www.freedomhouse.org)

Transparency International: <http://www.transparency.org/>

**Facts about Russia.** The main objective of the Federal State Statistics Service is to meet the requirements of bodies of state authority and administration, media, general public, scientific community, commercial and international organizations for diverse, objective and exhaustive information. The system of state statistics covers district, regional and federal levels, as well as Moscow and St. Petersburg. It comprises 89 regional committees and 2,200 district departments. The Federal State Statistics Service employs about 30 thousand staff.

<https://eng.gks.ru/>

**Useful resources about Russia:**

Legal Acts of the Russian Federation: <http://www.interlaw.ru>

(in Russian)

Russian Center for Public Opinion: <http://wciom.ru/>

(In Russian and English)

Statistical Facts about Russia:

<https://www.statista.com/topics/2675/russia/>

Demographics and statistics: <https://www.worlddata.info/europe/russia/index.php>

(In English, Spanish or German)

World Bank data on Russia: <https://data.worldbank.org/country/russian-federation>

World Health Organization data on Russia:

<https://www.who.int/countries/rus>

US News and World Report data and analysis on Russia:

<https://www.usnews.com/news/best-countries/russia>

**Choosing a Career After Earning a Degree in Russian Studies**

Please note that many of these career opportunities will become more accessible following the normalization of international relations with Russia. Such normalization depends on a range of conditions, which we hope will one day be fulfilled.

A college degree is typically the foundation for any career related to Russia, international relations, or foreign policy. Advancing to a graduate degree is often essential for deepening your expertise, refining professional skills, and expanding your employment opportunities. That said, specific career paths will depend on individual circumstances, and your success will largely be shaped by your own efforts, professional competence, linguistic abilities, integrity, and interpersonal skills.

It’s important to note that some career tracks may demand a high tolerance for monotony and stress, frequent travel, limited vacation time, and unpredictable work hours. Nevertheless, with a degree in Russian Studies, you are well-positioned to pursue careers in the following fields:

**Diplomacy**

Diplomatic service is one of the most prestigious and demanding career paths. You may work in your home country within foreign policy institutions or abroad in a diplomatic mission, including in Russia. Diplomatic careers are highly competitive and typically involve a rigorous selection process. In the United States, for example, aspiring diplomats must pass specialized exams to enter the Foreign Service or Civil Service. While foreign language skills are not mandatory for entry, they are certainly advantageous.

**Nongovernmental Organizations (NGOs)**

Employment with NGOs has become a popular—though still competitive—career choice. Like diplomacy, NGO work can be based domestically or abroad. In Russia, NGOs engage in diverse initiatives, from research, education, and consulting to conflict resolution, policy advising, business evaluation, and training programs.

**Government Service**

Many government positions value a background in Russian studies, especially in areas involving security, intelligence, foreign policy, and defense. For example, your expertise may contribute to military coordination with Russian forces or NATO-Russia relations. A common entry point is through internships or fellowships in government agencies, which can lead to full-time roles.

**Law**

Combining a law degree with a background in Russian studies opens doors to careers in international law, immigration, business litigation, and legal consulting. Government agencies—such as departments of commerce, defense, and international trade—frequently employ legal specialists with regional expertise.

**Business**

A business degree alongside a specialization in Russian studies gives you a competitive edge for roles in companies operating in or with Russia and neighboring states. Opportunities include international marketing, trade analysis, strategic consulting, and corporate diplomacy.

**Teaching and Research**

To teach at the college or university level, an advanced graduate degree in Russian studies is typically required. Such credentials also qualify you for research roles and policy analysis in think tanks, government institutions, or international organizations. Academia often serves as a springboard into policymaking—many high-level officials, including foreign ministers and secretaries of state, began their careers as university professors in international relations or political science.

**Journalism and Media**

With a degree in Russian studies—especially if coupled with Russian language proficiency—you may pursue a career in journalism, media analysis, or international reporting. Your expertise can position you to cover Russian and Eurasian affairs, interpret developments for a global audience, and contribute to informed reporting in an increasingly complex media landscape.

In all these fields, success is more than a matter of holding a degree—it requires initiative, adaptability, and the ability to connect your academic training to real-world challenges. With the right combination of education and experience, a degree in Russian studies can serve as a gateway to an impactful and dynamic international career.

**Educational and Academic Centers in the USA and Canada (Please note: some centers may update their web addresses over time, so be sure to verify the current URLs.)**

Davis Center for Russian and Eurasian Studies at Harvard University

[http://www.daviscenter.fas.harvard.edu](http://www.daviscenter.fas.harvard.edu/)

The Center for Eurasian, Russian and East European Studies (CERES) at Georgetown University

<http://ceres.georgetown.edu/>

The Institute for European, Russian and Eurasian Studies at George Washington University

<https://ieres.elliott.gwu.edu/>

Russian and Eurasian Studies at George Mason University

<https://russianstudies.gmu.edu/>

The Center for European and Eurasian Studies at UCLA

<http://www.international.ucla.edu/euro/>

Russian and Slavic Studies, University of Arizona

<http://russian.arizona.edu/>

The Center for Russian, East European and Eurasian Studies at the University of Kansas

<http://www.crees.ku.edu/>

The University of Chicago Center for East European and Russian/Eurasian Studies

<http://ceeres.uchicago.edu/>

The German and Russian Studies Department at the University of Missouri

<http://grs.missouri.edu/>

Center for Russia, East European, and Eurasian Studies, Stanford University

<http://creees.stanford.edu/>

The Russian and East European Institute, Indiana University

<http://www.indiana.edu/~reeiweb/>

Russian, East European, and Eurasian Studies at the University of California at San Diego

<https://ucsd.edu/catalog/curric/RUSS.html>

##### Russian Studies Program, Bucknell University

##### <https://coursecatalog.bucknell.edu/collegeofartsandsciencescurricula/areasofstudy/languagesculturesandlinguistics/russianstudiesruss/>

The Center for European, Russian and Eurasian Studies, Michigan State University

<https://ceres.isp.msu.edu/>

The Russian, East European, and Eurasian Center (REEEC) at the University of Illinois

<https://reeec.illinois.edu/>

The Department of Russian and Slavic Studies at New York University

<http://www.russianslavic.as.nyu.edu/page/home>

Russian, Eurasian & East European Studies, Columbia University

<http://www.columbia.edu/cu/lweb/indiv/slavic/>

The Center for Russian, East European and Eurasian Studies at The University of Texas at Austin

<http://www.utexas.edu/cola/centers/creees/>

The Center for Russian and East European Studies at the University of Pittsburgh

<http://www.ucis.pitt.edu/crees/>

Russian Studies at DePauw University

<https://www.depauw.edu/academics/catalog/courses/27/>

The Center for Russian and East European Studies at the University of Virginia

<http://www.virginia.edu/crees/>

The Russian and East European Studies Center at the University of Oregon

<https://reees.uoregon.edu/>

Russian, East European and Eurasian Studies at Stetson University

<https://www.stetson.edu/artsci/sprees/>

Russian Studies, University of Richmond

<https://undergraduatecatalog.richmond.edu/archives/2013-14-final/curriculum/as-programs/department/russian.html>

Russian and East European Studies, the University of Vermont

<http://catalogue.uvm.edu/undergraduate/artsandsciences/globalandregional/russianeasteuropeanba/>

Program in Russian, East European and Eurasian Studies at Princeton University

<http://piirs.princeton.edu/reees>

Princeton's Russian and Eurasian Studies Program

<https://slavic.princeton.edu/undergraduate-program/russian-and-eurasian-studies-program>

The Centre for European, Russian, and Eurasian Studies (CERES) at the University of Toronto

<https://munkschool.utoronto.ca/program/centre-for-european-russian-and-eurasian-studies/>

The **Institute of European, Russian and Eurasian Studies, Carleton University**

<http://www2.carleton.ca/eurus/>

Canadian Russian Studies University Programs

<http://www.canadian-universities.net/Universities/Programs/Russian_Studies.html>

**Educational and Academic Centers in the United Kingdom (Please note: some centers may update their web addresses over time, so be sure to verify the current URLs.)**

Russian and East European Studies at the University of Oxford

<http://www.rees.ox.ac.uk/>

The Department of Russian, University of Bristol

<http://www.bristol.ac.uk/russian/>

Department of Russian and Slavonic Studies, University of Nottingham

<http://www.nottingham.ac.uk/slavonic/index.aspx>

## Russian Studies: University of Birmingham

<https://www.birmingham.ac.uk/schools/lcahm/departments/languages/sections/russian/index.aspx>

Russian and Slavonic Studies, The University of Leeds

<http://www.leeds.ac.uk/russian/>

The London School of Economics and Political Science

<https://www.lse.ac.uk/language-centre/undergraduate-degree-courses/modern-foreign-language-degree-courses/russian-degree-courses>