

Fall Term | Finals Week | Dec. 3 - 7



# this week in **b**usiness

COLLEGE OF BUSINESS STUDENT NEWS



*This Week in Business* newsletters can be found [online here!](#)

**OSU Trivia:** What year did an impromptu snow storm, pictured above, interrupt Fall Term finals?

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## Good Luck on Finals & Happy Winter Break!

We hope you have a wonderful break with family & friends, and take some time to relax and have fun!

Winter Break also is a great time to check out opportunities for jobs & internships, scholarships, and study abroad programs.

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## // *highlights*

### Managing Test Anxiety on Your Finals

Try the following tips to help reign in your nerves:

- **Monitor your test anxiety** – Be aware of your anxiety and feelings.
- **Try deep breathing** – Deep breaths can trigger your body's relaxation response.
- **Consciously relax** – Relaxing your body can help relax your mind.
- **Decrease distractions** – Try to choose a seat where the movements of others won't be as noticeable.
- **Engage in positive self-talk** – Replace negative thoughts with a positive message like "I can do this!"
- **Don't fixate on the clock** – Keep track of time to help you pace yourself, but don't let it distract you.
- **Remain calm** – Stay away from stressed or anxious students if possible, and focus on your positive thoughts.
- **Be confident** – Trust your preparation and ability.

[Click here](#) to find more test-taking tips from the OSU [Academic Success Center](#), or stop by Waldo 125.

Students can submit one application to be considered for more than 1,500 OSU scholarship opportunities! Apply through ScholarDollars online by Feb. 15 by [clicking here](#).

## Do You Want to Study Abroad Fall 2019?

**Applications are due Jan. 20** for the *Arthur Stonehill Business Exchange*. Business Majors interested in earning the International Business Option (Junior-Senior standing) can study in locations throughout Europe, Asia, or Chile. For a non-IB Option location (and open to Sophomores), consider Australia. Review the requirements and access the application by [clicking here](#).

For more information contact Connie Caddis at [connie.caddis@oregonstate.edu](mailto:connie.caddis@oregonstate.edu)

// *student success*

## Winter Break Hours

You can still take advantage of advising and career services over Winter Break:

### Academic Advising

For assistance or to schedule an appointment, stop by or call 541-737-3716.

**Mon. - Fri. | 8 am - 5 pm | Austin 122**

\*Closed Christmas Day (Dec. 25), and New Years Day (Jan. 1)

### Career Success Center

For assistance, stop by or call 541-737-8957. Schedule an appointment through your Handshake account, under the Career Center tab.

**Mon. - Fri. | 9 am - 5 pm | Austin 102**

\*Closed the week of Christmas (Dec. 24 - 28), and New Years Day (Jan. 1)

// *opportunities*



## Clif Bar's Post-College Scholarship

[Clif Bar](#) is offering a post-grad scholarship for recent college graduates. This includes up to **\$37,172** to pay off loans, mentoring by Clif employees, and much more! [Apply here](#).

// *job highlights*

*xBiologix, Inc* | **Technical Sales and Marketing** [Click here](#) for more info; inquire by emailing [info@xbiologix.com](mailto:info@xbiologix.com)

*Sinclair Broadcast Group, Inc.* | **Broadcasting Inventory Specialist** [Apply here](#) by 12/12

*NW Design House* | **Interior Design Assistant** [Apply here](#) by 12/31

*City of Corvallis* | **Clerical Assistant** [Apply here](#) by 12/31

*Penske Truck Leasing* | **Management Trainee** [Apply here](#) by 01/31

*Central City Concern* | **Director of Operations** [Apply here](#) by 02/28

*Student Jobs @ OSU*

*Human Services Resource Center* | **Food Pantry Associate** [Apply here](#) by 12/10

Human Services Resource Center | **Textbook Lending Assistant** [Apply here](#) by 12/20

[Login to Handshake](#) to find more jobs

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*// internship highlights*

*KEEN* | **Merchandising, Marketing, Finance (& more!) Interns** [Apply here](#)  
*Enterprise Holdings* | **Winter Management Trainee Intern** [Apply here](#) by 12/12  
*Portland Housing Bureau* | **Communications Intern** [Apply here](#) by 12/16  
*The Standard* | **Actuarial Assistant** [Apply here](#) by 12/21  
*The Standard* | **Information Security Analyst Intern** [Apply here](#) by 12/21  
*Thermo Fisher Scientific* | **Communications Intern** [Apply here](#) by 12/24  
*Intel* | **Supply Chain/Business Analytics Undergraduate Intern** [Apply here](#) by 12/31  
*Kerr Concentrates* | **Marketing Intern** [Apply here](#) by 12/31

*Student Internships @ OSU*

*OSU Impact Studio* | **Impact Studio Research Intern** [Apply here](#) by 01/31  
*OSU TRIO* | **Volunteer Public Relations Intern** [Click here](#) for more info; inquire by emailing [Leela.Magdalen@oregonstate.edu](mailto:Leela.Magdalen@oregonstate.edu) or calling 541-737-9326  
[Login to Handshake](#) to find more internships!

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*// advising*

**Advising appointments:** Advisors will be available for appointments most days during the Winter Break. To schedule your appointment please either call our office at 541-737-3716 or stop by Austin 122 between 8 am and 5 pm. We are also available for phone appointments.

To graduate from the College of Business you must have a **College of Business GPA of a 2.5 or higher**. The College of Business GPA is calculated using OSU grades only from all classes required to complete your College of Business degree program.

Contact the Advising Office by calling **541-737-3716** or stop by **Austin 122**.

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*// announcements*

### Portland Sales Job Fair

Meet with companies looking to hire a wide variety of sales-related positions including retail, human resources, merchandising, pharmaceuticals, and more. Dress in business professional and bring your resume to this free event.

**Wed., Dec. 5 | 9 am - 12:30 pm | DoubleTree Hotel, 1000 NE Multnomah St, Portland, OR 97232**

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*// resources*



- **Academic Advising** Austin Hall 122 | Mon. - Fri. 8 am - 5 pm | 541-737-3716
- **Career Success Center** Austin Hall 102 | Mon. - Fri. 9 am - 5 pm (Thurs. 9 am - 7 pm) | 541-737-8957
- **Business Newsletters** Subscribe to newsletters for any of the business programs by filling out this [quick survey](#).

**OSU Trivia Answer:** 2013. Snowball fights in the Quad proved to be a fun stress release.



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