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.

// 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.

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
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.

// 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.Magdaleno@oregonstate.edu or calling 541-737-9326

Login to Handshake to find more internships!

// 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.

// 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

// 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.