

You +



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ConocoPhillips is committed to making sure your transition from student life to a ConocoPhillips employee or intern is as seamless and enjoyable as possible. That's why we're bringing you a monthly overview of company news and information to help you prepare. It's not just you—it's *You +*.

Save the Date: You + Your First Day! Webinar

Mark your calendars for Wednesday, Feb. 28 from 10 – 10:30 a.m. Central time. University Relations will host a call to discuss preparing for your first day of work, frequently asked questions about onboarding, housing and more. Dial-in instructions will be sent via email.

- + Need a Roommate? You can place your name and contact information on our website to connect with other roommate-seeking interns and hires in their respective locations. To view current listings, click on these links: [Interns](#) and [New Hires](#).
- + Visit our [University Hires resource center](#) for information and answers to frequently asked questions. You can also contact Jennifer Adams (jennifer.p.adams@conocophillips.com), your corporate new hire and intern program coordinator.

Words of Wisdom from Returning Interns and New Hires



Kat: Engineering New Hire

"The best advice I could have given myself as a new intern would be: don't be afraid to ask questions and get involved! Take advantage of all that is offered to you this summer, every experience is a networking opportunity."



Josh: Returning Geosciences Intern

"The importance of networking is key. Take advantage of your situation. You are an intern surrounded by people that are highly successful professionals that want to see you succeed. Ask them to lunch, coffee, whatever! It will pay off dividends in the end as many of these people may be on your final evaluation committee, or you'll meet them again down the road when you need a job (the oil patch is a small world)."



Eric: Returning Land Intern

"Being an intern can be a very exciting time, but with that may come some nervous jitters about impressing coworkers or trying not to make mistakes. The most important thing to remember is this is a learning experience for you, so just be yourself and don't be afraid to make mistakes or ask questions. Everyone at ConocoPhillips wants to see you succeed so make sure to learn from their knowledge and skills."



Matt: Financial Analyst

"The strongest piece of advice I have for an incoming new hire/intern would be to keep an open line of communication with your supervisor and to network within the company as much as possible! Every person here at ConocoPhillips wants to help you succeed in your role and help you achieve your career aspirations. Building those relationships with your supervisor and throughout company networks will help you prosper early on in your career."



Jacoda: Service Automation Analyst

"Regardless of your past experiences, take a step out of your comfort zone and choose a role that will push you to grow. This company is full of people who want you to succeed in your career, so set some lofty goals and have the courage to achieve them!"

Notice a theme? Everyone is rooting for you! An abundant number of resources are readily available to help you succeed.

ConocoPhillips: Rodeo Run's Presenting Sponsor

The annual Texas tradition, the Rodeo Run, presented by ConocoPhillips, is rolling back into town! This year, ConocoPhillips is proud to continue its involvement with this long-standing tradition as the 2018 Rodeo Run's presenting sponsor. Proceeds from the event benefit the Houston Livestock Show and Rodeo Educational Fund. The 2017 Rodeo Run had more than 9,500 participants in the wheelchair race, 10k race and 5k fun run/walk. Interested in running, walking, or volunteering? Click [here](#) to learn more and sign up.

SPiRiT Values Spotlight

Our SPiRiT Values set the tone for how we behave with all our stakeholders, internally and externally. They are a source of pride and unify our organization. These values are recognized throughout the industry and distinguish us from our competitors.



PEOPLE

We respect one another, recognizing that our success depends upon the commitment, capabilities and diversity of our employees.

Meet Casey Hirschmann, a champion of diversity and inclusion. Casey is an optimization engineer at ConocoPhillips. When her workday is done, Casey's collaborative nature and SPiRiT values don't stop, they shift into overdrive. An advocate of inclusion, Casey is passionate about Houston, America's most diverse metropolitan area. And as a social crusader, she is working to make it even better. To increase cultural interaction in Houston, in late 2016 Casey founded Culture & Cuisine. Each month, participants gather at a Houston restaurant to dine on authentic cuisine and socialize with guest speakers who share their cultural knowledge and experiences. It's like going on a minivacation to an exotic land, minus the airfare. A list of previous gatherings reads like a world tour: Venezuela, Italy, Japan, Mexico, China, Iran and Vietnam. Read more about Casey and learn how her grandmother's story inspired her to be an advocate for diversity and inclusion [here](#).



Pictured on the left: Casey Hirschmann, Optimization Engineer **Pictured below:** Monthly Culture & Cuisine event at a Houston restaurant



In the News

- + **ConocoPhillips to hold conference call on Thursday, Feb. 1 to discuss fourth-quarter and full-year 2017 financial and operating results.** Read the full release [here](#)
- + **Energy has gone from zero to hero. Chevron and ConocoPhillips could be key drivers in the energy rally.** Read more [here](#)
- + **ConocoPhillips donates \$1 million to Ducks Unlimited in support of the ongoing restoration of Louisiana wetlands.** Read more [here](#) about why these efforts mean so much to ConocoPhillips.

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Still have questions? Send us an email at UniversityRelations@ConocoPhillips.com