

# You +



January 2019

At ConocoPhillips, we're committed to making your transition from student life to a ConocoPhillips employee or intern 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 +.

## You + ConocoPhillips

**Mark your calendar for Tuesday, Feb. 26 from 10 a.m. – 10:30 a.m. Central time for our You + Your First Day Webinar. You will receive a calendar invite via email closer to the meeting date with instructions on how to join the Skype call.**

- + Need a roommate? You can place your name and contact information on our website to connect with other roommate-seeking interns and university new hires in their respective locations. To view our current listings, click on these links: [Interns](#) and [New Hires](#).
- + You can help ensure all information and documents needed for your first day of work are delivered to you in a timely manner by keeping your contact information up to date on your [careers.conocophillips.com](https://careers.conocophillips.com) profile.
- + Visit our [Intern](#) or [New Hire](#) resource centers for information and answers to frequently asked questions. You can also contact Jennifer Adams ([jennifer.p.adams@conocophillips.com](mailto:jennifer.p.adams@conocophillips.com)), your corporate new hire and intern program coordinator.

## 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.



### Teamwork

We have a "can do" attitude that inspires top performance from everyone. We encourage collaboration. We celebrate success. We win together.

## Aasta Hansteen achieves first production

In December 2018, ConocoPhillips' Aasta Hansteen project achieved first gas in the Norwegian Sea, 186 miles (300km) off the coast of Nordland County in northern Norway. In addition to the production the company will receive from the project, the platform is significant for multiple other reasons:

- It is the first deepwater development on the Norwegian continental shelf, at nearly 4,300 feet (1,300 meters) deep.
- The SPAR was transported to Norway from the construction site in South Korea in 2017; the voyage covered 14,500 nautical miles and took three months to complete.
- The field opens a new gas province on the Norwegian continental shelf.
- The platform was named after one of Norway's female pioneers.

Read the [full article](#), and watch a video of Aasta Hansteens' incredible journey across the Norwegian sea [here](#).



## Frequently Asked Questions

### When will I receive paperwork to begin work?

About 90 days before your start date, you will receive several emails regarding the pre-employment processor PEDD. These emails might be redirected to your spam folder, so please be sure to check your email often.

## Wall Street's favorite oil company

Jordan Blum, Houston Chronicle: "Shrink to grow" is a cliché that often results in just shrinking a company, but if any CEO has pulled off this oxymoronic feat, it's Ryan Lance of ConocoPhillips, the world's largest independent oil and gas producer. Lance, who has preached a gospel of careful spending, focused investment and bigger profits, has made ConocoPhillips Wall Street's favorite oil company by delivering on those promises."

Doug Terreson, an energy analyst at Evercore ISI said, "the market doesn't care if companies are larger or smaller. They care if companies are valuable. ConocoPhillips is a shining example of that."

Read more about our company's Wall Street-winning strategy of controlling spending, boosting profits and share prices, and increasing dividends to shareholders [here](#).

## Oil Market Volatility Is Here to Stay, ConocoPhillips CEO Says

On Dec. 10, 2018, ConocoPhillips CEO & Chairman, Ryan Lance discussed oil price action live on Bloomberg TV. Lance gave insight into ConocoPhillips stance of embracing volatility and the position that "growing our returns is more important than growing our production," allowing for flexibility to react and withstand fluctuations if needed. Watch the full interview [here](#).

## What is Oil Used For?

Some of the more obvious petroleum products include transportation fuels, fuel oils for heating and electricity generation, asphalt and road oil. However, petroleum is not just used for fuel. Petroleum products are also used to make various plastics, synthetic materials and chemical products; in fact, petroleum can be found in many common household items. Below are some examples:

- Heart Valves
- Credit Cards
- Guitar Strings
- Antihistamines
- Clothing
- Pillows
- Aspirin
- Umbrellas
- Toothbrushes
- Candles
- Hair Coloring
- Golf Balls
- Lipstick
- Hearing Aids
- Soft Contact Lenses

Read more examples [here](#).

## In the News

- + **ConocoPhillips increasing Canadian spending in 2019.** Full release [here](#).
- + **Oil Majors Cautious but Upbeat About 2019.** Full release [here](#).
- + **ConocoPhillips Announces 2019 Capital Budget and Operating Plans; Recent Oil Price Volatility Highlights Investment Appeal of Company's Differentiated Value Proposition.** Full release [here](#).

## Stay Connected

For more ConocoPhillips news and information, find us here:



Still have questions? Send us an email at [UniversityRelations@ConocoPhillips.com](mailto:UniversityRelations@ConocoPhillips.com)