Take a Breather

The end of the semester is stressful. And though people will tell you "don't be stressed," it's important to remember that stress is about perspective.

When you view it as something bad, you'll feel those effects in your day-to-day life. But when you view it as a motivator and energizer, you can be more productive and conquer your to-do list!

Check out this great article about mindful stress.
Featured Jobs, Internships, and Opportunities

**Sciences and Health**

- **University of Texas MD Anderson Cancer Center** - Research Assistant
  Deadline: December 31
- **L’Oreal 2018 Summer Research & Innovation Summer Internship**
  Deadline: January 1

**Engineering and Architecture**

- **Mork Ulnes Architects** - Architecture Intern
  Deadline: December 15
- **Fiat Chrysler Automotive** - Mechanical Engineering Position
  Deadline: December 30

**Computer, Information Technology, and Mathematics**

- **Modes Engineering** - Backend Developer
  Deadline: December 8
- **Futures** - Entry Level Software Developer
  Deadline: December 15
- **Livestrong (nonprofit)** - Data Analyst
  Deadline: December 15

**Public Policy, Government, and Law**

- **National Security Agency (NSA)** - Language Analyst
  Deadline: December 31
- **Women for Afghan Women** - Advocacy and Policy Internship (DC)
  Deadline: December 31

**Arts, Communication, and Entertainment**

- **Phillips 66** - Communications and Public Affairs Intern
  Deadline: Until Filled
- **FTI Consulting** - Strategic Communications Summer Internship
  Deadline: March 1
- **Liberty in North Korea** - Videographer Intern
  Deadline: December 10
- **United Talent Agency** - Summer 2018 Internship Program
  Deadline: December 6

**Education, Nonprofit, and Social Enterprise**

- **Smithsonian Associates Sleepover Intern (Summer 2018)**
  Deadline: February 1
- **Forest Foundation** - Nonprofit Summer Intern
  Deadline: February 15
- **MACC Development** - Community Development Intern
  Deadline: January 1

**Finance, Consulting, and Enterprise**

- **FMI Corporation** - Investment Banking Analyst, Intern
  Deadline: December 7
- **Kalypso** - Consulting Business Analyst
  Deadline: December 4
- **hayneedle.com** - eCommerce Category Specialist
  Deadline: May 31

Think of these deadlines as rolling. Often, the earlier you apply, the more likely you will be considered.
The Rundown
Quick, career-related highlights for the week

Want to work internationally? GoinGlobal is a NEW resource in Handshake that features 38 Country Career Guides, 53 City Career Guides for the United States and Canada, corporate profiles and more than 16 million internship and job listings within the USA and around the world!

You can access GoingGlobal through the Resources section of Handshake. Check out the Country Career Guide or the US City Career Guide.

Externships still available!

There are still a variety of externships available over Winter Break (January 3-5), specifically in Education! Take advantage of these job-shadowing opportunities wherever you are spending the holidays!

If interested, email Michelle Passo at mip2@rice.edu.

Owl Spark Info Session
Are you an entrepreneurial-minded
Are you a student, recent alumni, faculty or staff member with an innovative technology or business idea? Are you interested in launching your own tech startup? Learn more.

**Tue, December 5, 2017**

5:00 PM – 6:00 PM

Liu Idea Lab

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**Career Counseling**

Drop-in hours for the semester are over, but career counseling is available virtually on the phone and through Skype, and in-person during CCD working hours.

You can make an appointment of either kind in Handshake!