## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number: 3235-0287

Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name ar		2. Issuer Name and Ticker or Trading Symbol CAPITAL ONE FINANCIAL CORP [ COF									all appli Directo	cable) or (give title	ig Pers	10% Ov Other (s below)	vner					
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE						3. Date of Earliest Transaction (Month/Day/Year) 12/15/2013									Chief Risk Officer					
(Street)  MCLEAN VA 22102  (City) (State) (Zip)					- 4. l	4. If Amendment, Date of Original Filed (Month/Day/Year)  6. Indi Line)  X														
(5.5)		•		on-Deri	vative	e Sec	uriti	ies Ac	quired,	Di	sposed o	of, or Be	enefic	ially	Owned	<u> </u>				
1. Title of Security (Instr. 3)  2. Transact Date (Month/Day						Exe if an	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) o Disposed Of (D) (Instr. 3, 4 a			Beneficially Owned Foll		es ially Following	Form (D) o	m: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership	
									Code	,	Amount	(A) or (D)	Price		Reporte Transac (Instr. 3	ction(s)			(Instr. 4)	
Common Stock 12/15/20						13			M		7,387	A	\$0.00	000(1)	33	3,897		D		
Common Stock 12/15/20						013			D 7,387		D	\$71	.13	3 26,510			D			
		7	able II								posed of converti				wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	if any	med on Date, Day/Year)	4. Transa Code ( 8)		on of		6. Date Exerci Expiration Dat (Month/Day/Ye		ite	7. Title and Amount of Securities Underlying Derivative Securit (Instr. 3 and 4)		De Se (Ir	Price of erivative ecurity estr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	e s illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisal	ole	Expiration Date	Title	Amou or Numb of Share	er						
Restricted Stock	\$0.0000(1)	12/15/2013			M			7,387	12/15/20:	13	12/15/2013	Common Stock	7,38	7 \$0	0.0000 <sup>(1)</sup>	0.0000	)	D		

## Explanation of Responses:

1. On December 15, 2013 the restricted stock units were settled in cash based on the Company's average fair market value of shares of common stock over the twenty trading days preceding the vesting date.

Gregory W. Seward (POA on file)

12/16/2013

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.