

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF
SECURITIESFiled 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 and Address of Reporting Person* <u>Slocum Michael</u>	2. Date of Event Requiring Statement (Month/Day/Year) 09/01/2011	3. Issuer Name and Ticker or Trading Symbol <u>CAPITAL ONE FINANCIAL CORP [COF]</u>	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>President, Commercial Banking</u>	5. If Amendment, Date of Original Filed (Month/Day/Year)
(Last) (First) (Middle) <u>1680 CAPITAL ONE DRIVE</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person
(Street) <u>MCLEAN VA 22102</u>			
(City) (State) (Zip)			

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
<u>Common Stock</u>	<u>58,792</u>	<u>D</u>	

Table II - Derivative Securities Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date				
<u>Performance Share Units</u>	<u>(1)</u>	<u>03/15/2012</u>	<u>Common Stock</u>	<u>12,514⁽²⁾</u>	<u>0.0000⁽³⁾</u>	<u>D</u>
<u>Restricted Stock Units</u>	<u>(4)</u>	<u>(4)</u>	<u>Common Stock</u>	<u>12,234</u>	<u>0.0000⁽⁵⁾</u>	<u>D</u>
<u>Restricted Stock Units</u>	<u>12/15/2011</u>	<u>12/15/2011</u>	<u>Common Stock</u>	<u>7,996</u>	<u>0.0000⁽⁵⁾</u>	<u>D</u>
<u>Stock Options</u>	<u>(6)</u>	<u>01/28/2019</u>	<u>Common Stock</u>	<u>23,610</u>	<u>18.28</u>	<u>D</u>
<u>Stock Options</u>	<u>(7)</u>	<u>01/25/2021</u>	<u>Common Stock</u>	<u>26,405</u>	<u>48.28</u>	<u>D</u>
<u>Stock Options</u>	<u>(8)</u>	<u>02/20/2018</u>	<u>Common Stock</u>	<u>30,740</u>	<u>48.95</u>	<u>D</u>

Explanation of Responses:

- The performance shares may be issuable at the end of a three-year performance period (January 1, 2009 to December 31, 2011) based on the Company's total shareholder return as compared to the total shareholder return for a peer group of companies.
- The number of performance units shown represents the maximum number of performance shares that may be issuable at the end of the performance period.
- Each performance unit represents the right to receive one performance share upon satisfaction of the performance conditions.
- These restricted stock units will vest in 1/3 increments beginning on January 26, 2012 and annually thereafter.
- Each restricted stock unit will be settled in cash based on the Company's average fair market value of the underlying shares of common stock over the twenty trading days preceding the vesting date.
- This option, which represented a right to purchase a total of 70,827 shares, became exercisable in 1/3 increments beginning on January 29, 2010 and annually thereafter.
- This option becomes exercisable in 1/3 increments beginning on January 26, 2012 and annually thereafter.
- This option became exercisable in 1/3 increments beginning on February 21, 2009 and annually thereafter.

Remarks:

poaslocum.txt

Gregory W. Seward (POA on file) 09/09/2011

** Signature of Reporting Person Date

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

* If the form is filed by more than one reporting person, see Instruction 5 (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.

Lee Ann Chebba
Notary Public, State of New York
Qualified in Kings County

(SEAL)

My commission expires 04/15/2015.