

PRACTICAL TRAINING FOR F-1 STUDENTS

As an F-1 student, you may be eligible to engage in a *temporary* internship or off-campus employment to gain some practical experience in your field of study before and/or after completion of your studies. **Before engaging in any type of off-campus employment, you must first obtain written authorization by an International Student Advisor or U.S. Citizenship and Immigration Services (USCIS).**

There are two types of practical training available to F-1 visa holders. Below is a brief comparison of the two:

	Curricular Practical Training (CPT)	Optional Practical Training (OPT)
WHEN TO USE	Before completion of studies <u>only</u> .	Before or after completion of studies.
EMPLOYMENT REQUIREMENTS	Internship must be a required or integral part of established curriculum in your department. Must have a written employment offer.	Employment must be directly related to field of study listed on the I-20. Do not need a job offer to apply, but cannot accrue more than 90 days of unemployment during period of authorized OPT.
AUTHORIZATION	Authorized by International Student Advising and Services which will issue a new I-20 (processing time is 1-2 weeks).	Authorized by USCIS which will issue an <i>employment authorization document</i> (processing time is 2-4 months).
APPLICATION REQUIREMENTS	Requires an offer letter from employer, academic advisor recommendation, and a written statement from you explaining how your internship is integral to your academic program, thesis, dissertation or final project.	USCIS must receive the application <i>prior</i> to 60-day grace period following final term of registration. May apply up to 90 days before completion of studies.
RESTRICTIONS	Time spent on CPT does not count against OPT; however, students engaging in 12 months or more of full-time CPT are NOT eligible for OPT.	Employment authorization issued for 12 months. Eligible for another 12 months of OPT for each degree completed at a <i>higher</i> level. Some students in Science, Technology, Engineering or Math may be eligible to apply for an additional 17-month extension.
REGISTRATION REQUIREMENTS	Full-time registration is <i>required</i> (3 credits during summer term).	Registration is required only if OPT is prior to completion of studies.

To be eligible for either type of practical training, you need to meet the following requirements:

- Be enrolled full-time in a USCIS-sanctioned school in lawful non-immigrant status for at least 9 months
- Be a fully-admitted F-1 student in an academic program (not CAP or in an INTO OSU program).
- Choose employment that is directly related to your field of study, as listed on your I-20

For further information on curricular practical training or optional practical training, please view the information packets that are available in the ISAS office or on the ISAS website. CPT and OPT information sessions are held several times each month. To sign up for a session, please visit the ISAS front desk or call 541-737-6310.