Any alternative work/study, internship, cooperative education, or any other type of **required** internship or practicum that is offered by sponsoring employers through cooperative agreements with a school.

**Are You Eligible?**

It’s only available for students on **F-1 visa**

The opportunity must be an **integral part of an established curriculum**, meaning an opportunity must be required by the curriculum or, if not required, the student must receive credit for the training.

You must be **enrolled for one academic year** before you are eligible (includes time at a previous U.S. college if there was no break between programs of study).

Exception: graduate students whose programs require immediate participation in CPT.

**How to Apply**

1. After you have been offered a CPT opportunity, make an appointment with Sara to discuss the specifics and pick up the CPT application.
2. Fill out the CPT application and turn it in to OIE along with your offer letter **at least 30 days** before you plan to start working.
3. Your application will be reviewed and you will be notified if it is or is not approved.
4. You may not begin working until you receive approval.

**Learn the Regulations**

You must **maintain good visa status** while on CPT.

There is **no restriction on the number of hours** a student can work per week while in CPT.

Part-time CPT (20 hours or less per week) does not impact eligibility for OPT.

Once a student has completed **12 months of full-time CPT** (40 hours or more per week), he/she becomes **ineligible for optional practical training**.

Compensation is not a consideration for CPT.

*This is not an exhaustive list. Meet with Sara for details about your specific situation.*
Work **directly related to your major** or area of study while you are enrolled in school (pre-completion) and upon completion of your program of study (post-completion)

**Are You Eligible?**

It's only available for students on F-1 visa

The opportunity must be directly related to your major or area of study

You must be **enrolled for one academic year** before you are eligible (includes time at a previous U.S. college if there was no break between programs of study)

You can apply for pre-completion OPT as early as **90 days prior to completion** of full academic year

**How to Apply**

1. Make an appointment with Sara to discuss the specifics of the OPT (you do not need a job offer first) and pick up the application
2. Fill out the OPT application and gather the other documents
   a. Pre-completion: turn it in to OIE no more than 90 days before you plan to start working but at least 30 days before you plan to start working
   b. Post-completion: you must submit the application for employment authorization prior to the end of the 60-day grace period after your program end date
3. OIE will mail your application to USCIS for review and you will be notified if it is or is not approved
4. You may not begin working until you receive approval

**OPTIONAL Practical Training (OPT)**

Learn the Regulations*

OPT requires **USCIS adjudication & application fee of $410**

You can participate in a total of 12 months of OPT at each education level

**Part-time work counts toward the maximum 12 months** at one-half the rate of full-time employment.

OPT **does not count** as part of your required full-time course load

You may work **up to 20 hours** per week when classes are in session

You may work more than 20 hours per week when classes are not in session

You do not need to have a job offer to be authorized for OPT

You may only be unemployed for **90 days** during OPT

*This is not an exhaustive list. Meet with Sara for details about your specific situation.