Curricular Practical Training for F-1 Students

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Practical Training: Two Types

An F-1 student may wish to find an internship (CPT) or temporary employment (OPT) to gain practical experience in the field of study.
Type 1: CPT

F-1 student work authorization for an off-campus internship or practicum that is required as an integral part of an established curriculum, or will count toward degree requirements. CPT is recommended by the academic advisor and authorized by the DSO.

What’s a DSO?

**DSO** stands for Designated School Official.

Your ISS advisor is your DSO.
Type 2: OPT

Temporary off-campus employment authorization granted by USCIS for practical training that is directly related to the student’s major area of study.

- Pre-completion OPT can be taken full-time during annual summer vacation or part-time during regular school session,
- Post-completion OPT can be taken after completion of course requirements or after completion of course of study.

USCIS:
U.S. Citizenship and Immigration Services

www.uscis.gov
## What’s the difference?

<table>
<thead>
<tr>
<th>CPT</th>
<th>OPT</th>
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<tbody>
<tr>
<td>• Recommended by academic advisor</td>
<td>• Recommended by DSO</td>
</tr>
<tr>
<td>• Authorized by DSO</td>
<td>• Authorized by USCIS</td>
</tr>
<tr>
<td>• No fee</td>
<td>• $380 application fee</td>
</tr>
<tr>
<td>• 3-10 business days</td>
<td>• 90 days processing time</td>
</tr>
<tr>
<td>• Counts towards degree program</td>
<td>• Related to degree program</td>
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Talk to your academic advisor and/or to your ISS advisor
Am I eligible?

Enrolled full time for one academic year (Fall and Spring semesters)

- Internship required to graduate
  - Internship course for academic credits towards completion of your degree (at least 1 credit hour)
  - Required to complete thesis/dissertation research

Support letter from academic advisor required
Am I eligible?

- Required internship
- Internship course
- CPT

Pre-completion OPT?
How many hours can I work?

Spring or Fall Semester: 20 hours / week (part-time)

Summer break: Part-time or full-time

Maintain full-time enrollment
No reduced course load
Important!

An F-1 student pursuing recommended – not required - CPT **cannot hold** a concurrent, part-time, on-campus job during the fall and spring semesters. This includes GA appointments. Total number of hours worked per week cannot exceed 20 during the fall and spring semesters! If this applies to you, please speak with an advisor before you apply for CPT.

This does not apply to Summer CPT.

If you are a graduate student and have completed all of your coursework, you may be eligible for full time CPT or full-time employment during the spring or fall semester → please talk to an ISS advisor
How long can I work?

- CPT is authorized by the DSO each semester
  → You must submit a new application for each semester

Your dates of authorized employment will appear on the third page of the I-20 your DSO will create for you:

Student Employment Authorization:

- Employment Status: FULL TIME
- Duration of Employment - From (Date): 05/19/2014
- To (Date): 08/08/2014

Your I-20 also indicates if your CPT was approved for part-time or full-time employment

CPT employment authorization is strictly regulated under US federal immigration law. Working at your internship before the CPT start date or after the end date on your I-20 (paid or unpaid) IS A SERIOUS VISA VIOLATION AND CAN RESULT IN A LOSS OF YOUR F-1 VISA STATUS.
Other Considerations

CPT is granted for a specific employer, at a specific location, and for specific dates only.

The employment MUST be related to your degree program.

You must obtain a detailed internship offer letter from the employer BEFORE applying for CPT.
CPT and other work authorization

• Students who use **12 full months** of **full-time** CPT become ineligible for OPT under US immigration law

• Use of **part-time CPT** does not affect OPT

• Consider applying for pre-completion OPT if your degree program is not eligible for CPT
CPT Application Process and Deadlines

Complete CPT presentation and quiz

Obtain internship offer letter

Meet with your academic advisor

Enroll in internship course

Submit your CPT application online

You can apply for CPT as soon as your enrollment window opens for the semester you wish to do CPT

Deadline to apply:
CLOSE OF THE ADD PERIOD FOR CURRENT SEMESTER
(the last day of the first week of the semester)
What’s next?

• Download the CPT application packet on D2L and print the academic advisor recommendation form

• Complete the CPT quiz with a score of 80% or higher.

Questions?

Email or call your OU ISS advisor
Or make an appointment with your OU ISS advisor

Thank you!