Optional Practical Training

Part 1: OPT Basics
Course Introduction

Optional Practical Training
For internships and other off-campus work opportunities that are *integral* to your degree program.
Course Introduction

- Course length = 90 minutes
- Cannot stop and start over in same section of course
- Please allow up to 2 hours to complete entire course in one block of time
Course Introduction

- Required for **ALL** F-1 students who wish to apply for Optional Practical Training.

- Certificate of Completion is required to request an OPT I-20.

- OPT I-20 is required to apply for OPT.

- Can return back to this course anytime to review OPT information.
What Is OPT?

OPTIONAL PRACTICAL TRAINING

An *optional* F-1 benefit that allows you to work in a *non-student* and/or *off-campus* job

- *Extends* F-1 student immigration status
- *Temporary* work authorization (up to 12 months)
- Employment must be in a position *related* to your field of study
- *NOT* employer specific
Types of OPT Employment

<table>
<thead>
<tr>
<th>Part-time</th>
<th>Full-time</th>
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<td>= NO minimum; 20 hrs maximum</td>
<td>= 20 hrs minimum; NO maximum</td>
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- Paid employment
- Short-term multiple employers (*i.e.* performing artists)
- Work for hire (*i.e.* contractor/consultant)
- Self-employed business owner
- Employment through an agency
- Unpaid employment
To be eligible for OPT, a student must:

- Be in legal F-1 immigration status at the time of application
- Have been enrolled full-time for at least one academic year
- Have used less than 12 months full-time CPT
- Not have been previously approved for 12 months of OPT at the same degree level
Length of OPT

- **Maximum:**
  - 12 months of full-time OPT *per degree level*

- Some students may be eligible for extensions
  - 17 Month STEM extension
  - Cap Gap extension
2. Initial 12 Months of OPT
3. How Do I Obtain OPT Authorization?
4. During Your OPT (maintaining F-1 status & travel)
5. After Your OPT Expires (cap-gap & STEM extensions)
6. Next Step - Request Your OPT I-20