

# JOB SEARCH PROCESS FOR INTERNATIONAL STUDENTS

As an international student, it is particularly important for you to learn about OPT, CPT, and other work visa related issues. Your job search may also be more productive if you intentionally target organizations that hire international students.



## UNDERSTAND OPT AND CPT

### What is OPT?

Optional Practical Training (OPT) is defined generally as temporary employment directly related to an F-1 student's field of study, for purposes of gaining practical experience. A student may engage in OPT pre-completion or post-completion, and it is important to note that any pre-completion OPT time received by the student, even if unused, counts towards the 12 months that the student may use post-completion. Moreover, for post-completion OPT, the student must have also fulfilled all the requirements of his/her academic program before starting work.

- *USD Office of International Students and Scholars*

### What is CPT?

Curricular Practical Training (CPT) is work authorization that allows F-1 students to hold off-campus internships or practicum. To be eligible for CPT, the student must:

- Have been a full-time F-1 student for at least one full academic year
- Register for an internship or practicum class that covers the duration of the internship
- Receive an approved internship/practicum offer that is directly tied to your academic program

- *USD Office of International Students and Scholars*

### How Do I Apply for OPT/CPT?

You will need to apply for OPT/CPT through the USD Office of International Students and Scholars. It is imperative for you to understand OPT, CPT, and other work authorization related issues before obtaining any employment in the U.S. Please contact the Office of International Students and Scholars to discuss your employment options before applying to any jobs, internships, or volunteer positions.



## TARGETING EMPLOYERS WHO ARE OPEN TO HIRE INTERNATIONAL STUDENTS

- When searching for jobs in Handshake, you can add filters to select employers who are open to hire international students and professionals. Go to "All Filters" and select "Will Sponsor or Doesn't Require US Work Visa" and/or "Accepts OPT/CPT".
- Similarly, you can select the same filters while viewing the career fair participating employers on Handshake.
- Use Interstride or GoinGlobal to view employers' H1B sponsorship history and determine the employers who are likely to sponsor work visas for international students.