



Curricular vs. Optional Practical Training for F-1 Students

	Curricular Practical Training (CPT)	Optional Practical Training (OPT)
Who can apply?	Students in F-1 status who have completed one academic year and who have a declared major. Graduate students who are required to complete an internship within the first year may also be eligible.	Pre-Completion: Students in F-1 status who have completed one academic year. Post-Completion: Students in F-1 status can apply for OPT up to 90 days before the program end date and up to 60 days after the program end date.
How many hours can I work?	<ul style="list-style-type: none"> • Part-time (less than 20 hours/week) while enrolled as full-time students. • Part-time or full-time during vacation periods. • Full-time while enrolled full-time (consult with an International Center advisor) 	<ul style="list-style-type: none"> • Part-time (less than 20 hours/week) while enrolled full-time (pre-completion OPT) • Part-time or full-time (post-completion OPT)
What can I do?	Employment must be related to your academic program. You must earn academic credit for each semester of work, unless the employment fulfills a program requirement. Please check with your academic advisor.	Employment must be directly related to your field of study.
Do I need to have a job before I apply?	Yes. CPT is authorized for a specific job related to the student's major.	No.
Are there any limitations?	There are no limitations for CPT. However, if you use more than 12 months of full-time CPT, you will be ineligible for OPT.	Yes. Students have 12 months of OPT per degree level; students in STEM fields are eligible for a 24 month extension. Part-time pre-completion OPT is accrued and deducted at a 50% rate (6 months Part-time = 3 months Full-time). Part-time post-completion OPT is accrued at the same rate as full-time.
How do I apply?	Applications are processed by the International Center; please allow 5-7 business days. For more details, please visit the CPT webpage or contact us to schedule an appointment.	Applications begin at International Center and are then sent to USCIS. Allow 3-4 months for processing. For more details, please visit the Employment & Training webpage and click on the type of OPT you are interested in or contact us to schedule an appointment.

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