Myth-Buster

Onboarding international students often takes no more effort than hiring U.S. citizens. CPT and OPT allow employers to hire international students — **no sponsorship or additional government paperwork required.** You can hire international students through your regular payroll with an I-9 form.
Benefits of hiring international students:
- Strengthen team’s cultural competency and diversity of language skills
- Fill roles from shortages of highly-skilled U.S. workers, particularly in STEM
- Gain knowledge of foreign global markets

Internships, co-ops, volunteer work, etc.:
CPT (Curricular Practical Training) is any applied learning experience for academic credit; may be paid or unpaid and full or part-time. Our EXCEL office can assist you to develop your internship and co-op opportunities! oswego.edu/excel

Post-Graduation Employment:
OPT (Optional Practical Training) is a temporary post-graduation work authorization. Graduates can work 12 months (24-month extension for STEM fields). Start dates may need to be flexible and employers can sponsor AFTER one year.

Learn more about working with our international students! oswego.edu/career-services/hiring-international-student