

# INTERNSHIPS & CO-OPS FOR F-1 STUDENTS

*A discussion on  
pre-graduation  
practical training for  
F-1 visa holders.*



# Why participate in *practical training*?

- Gaining practical, hands-on experience
- Making professional connections, growing your network
- Building your resume
- Making money
- CPT leads to OPT!



# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

*“Alternate work/study, **internship**, **cooperative** education, or any other type of required internship or **practicum** which is offered by sponsoring employers through cooperative agreements with the school”*

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### CPT VS ON-CAMPUS WORK:

- CPT is **different** from on-campus employment!
- Any international student can work on-campus for SUNY Oswego during their degree
- This does **NOT** count as CPT
- Therefore no CPT authorization is required

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### CONDITIONS FOR CPT:

Internship/co-op/training must be:

1. Curricular (meaning **for** academic credit);
2. **And** "*an integral part of an established curriculum;*"
3. **And** directly related to your major degree program

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### CONDITIONS:

- Student must be enrolled full-time for one full academic year before being eligible for CPT
- Can only be performed *prior* to graduation

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### LOCATION:

- Students may engage in CPT **only** for the specific employer, location and time period approved by the International Student & Scholar Services Office

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### DURATION:

- 12 months or more of full-time CPT **eliminates eligibility for OPT**



# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### HOURS PER WEEK:

- CPT can be full time or part time
- Student **must** continue to maintain full course of study during CPT
- On-campus employment plus CPT together **cannot exceed 20 hours per week** while school is in session (this includes assistantships!)

# **PRE-GRADUATION**

## *Curricular Practical Training (CPT)*

### **FIELD OF STUDY:**

- Must be “integral” part of your program’s curriculum
- Must be directly related to your degree

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### PAYMENT:

- CPT can be paid ***or*** unpaid
- Even some unpaid internships and volunteering experiences must count as CPT!

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

True volunteer work:

- Is donating your time to an organization whose primary purpose is **charitable or humanitarian, without remuneration (pay)** or any other type of compensation
- Does **NOT** require CPT authorization
- Is **NOT** the same as an unpaid internship!

***Check with me if you have doubts!***

# PRE-GRADUATION

## *Curricular Practical Training (CPT)*

### APPLICATION PROCESS:

- Unlike OPT, there's no need to submit a form to USCIS
- Application process conducted through Excel Office
- Completed application is sent to ***iss@oswego.edu***
- **\*I must approve your experience and give you a new I-20 before you can participate!\***