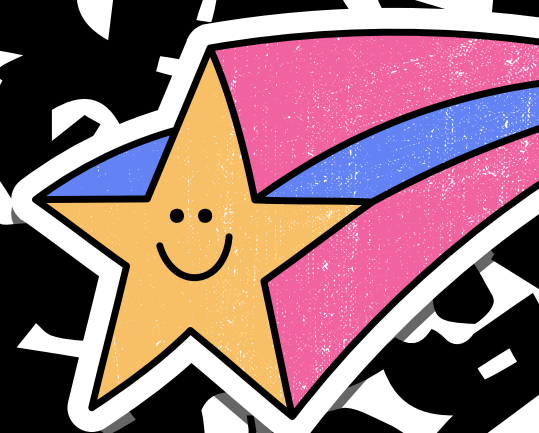


CURRICULAR PRACTICAL TRAINING (CPT)

What is CPT?

SUNY Oswego ISSS
www.oswego.edu/international/cpt



Curricular Practical Training (CPT)

If **F-1 visa holders** would like to engage in **off-campus internships** in the **United States**, they must be authorized and be issued a **CPT-approved I-20** **before** they start working!

CPT vs. OPT



graduation

CPT

**internship
co-op
practicum
training**

**part-time/
full-time job
upon
graduation**

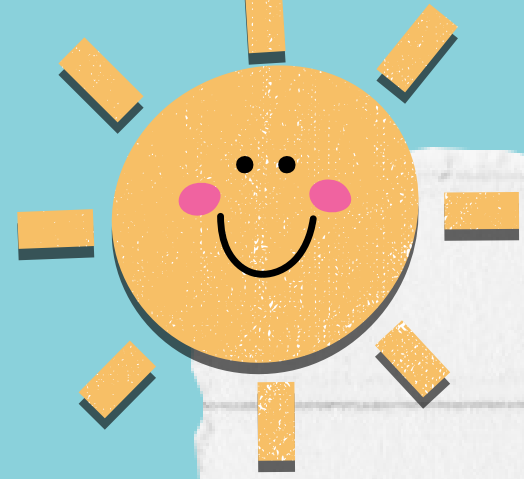
OPT

CPT vs. On-campus

Any international student **can** work **on-campus** for SUNY Oswego during their degree **without any** authorization.

However, some on-campus positions may require you to submit some documents.

When in doubt, reach out to us at
iss@oswego.edu!

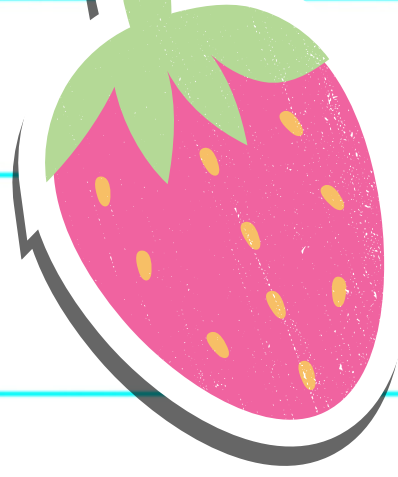


CPT vs. Volunteering

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.**

It does **NOT** require CPT authorization and it is **NOT** the same as an unpaid internship!

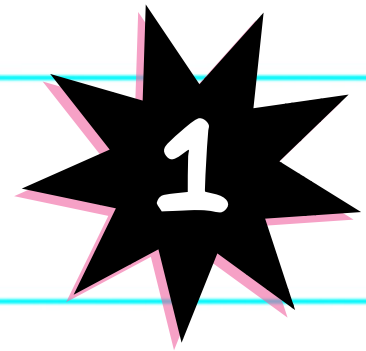




Internship/co-op/training must be:

Conditions for CPT

per immigration
regulations- part 1.



**Curricular
(meaning for academic credit);**
.....

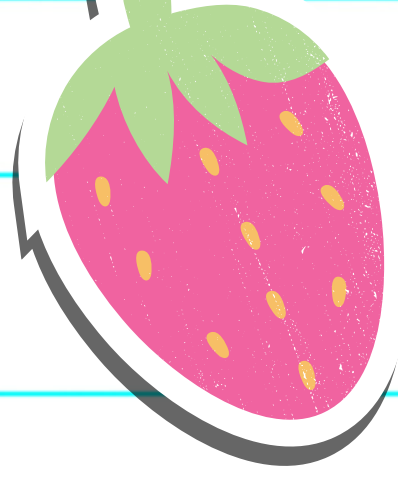


**And "an integral part of an
established curriculum;"**
.....



**And directly related to your
major degree program**
.....

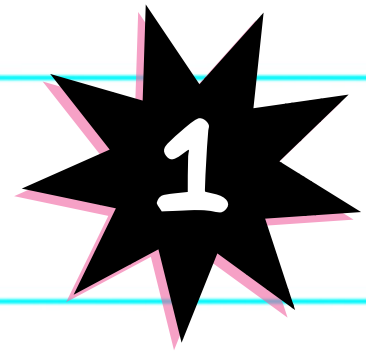




CPT applicants must:

Conditions for CPT

per immigration
regulations &
institutional policy



**Be enrolled in at least one full
academic year**
.....



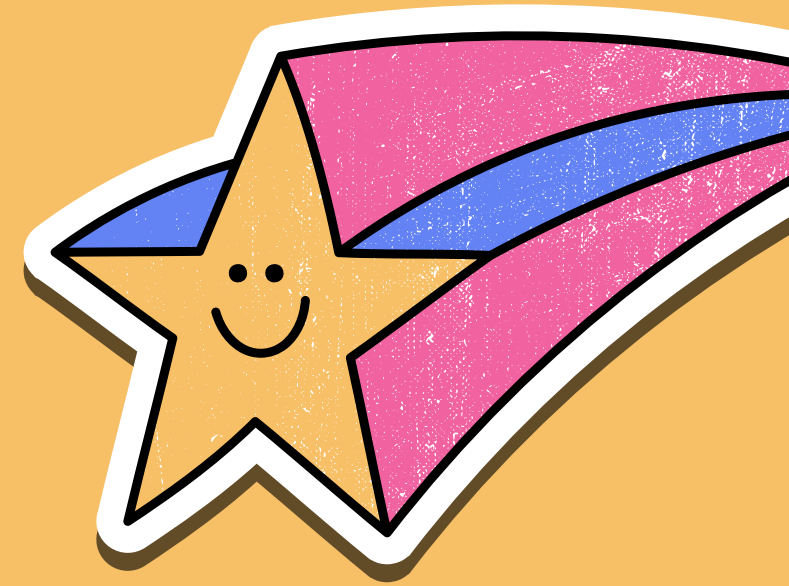
**Be in a junior class status or
higher or a graduate student**
.....



**Meet the minimum GPA
requirement (excel@oswego.edu)**
.....



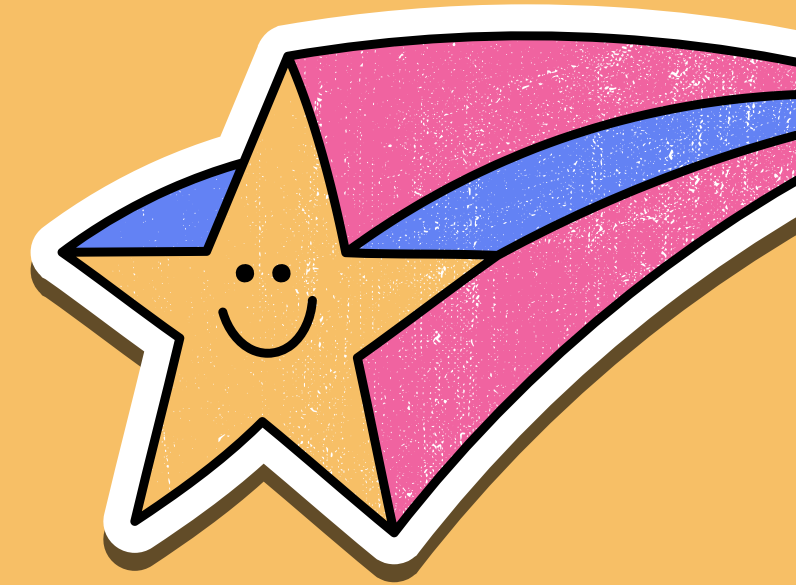
CPT is employer-specific!



CPT students may engage in CPT only for the approved employer for the approved period on the I-20

If CPT participants would like to change their employer, they should go through the CPT authorization process again.

Important CPT rules!



Hours: can be full-time or part-time

Payment: can be paid or unpaid

On campus employment + CPT work hours should be < 20 hours while school is in session

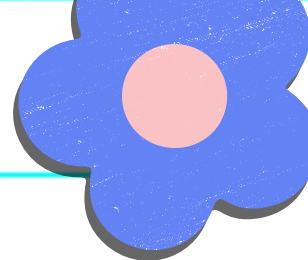
Student must continue to maintain full course of study during CPT (UG: 12, GR: 9)

Application process:

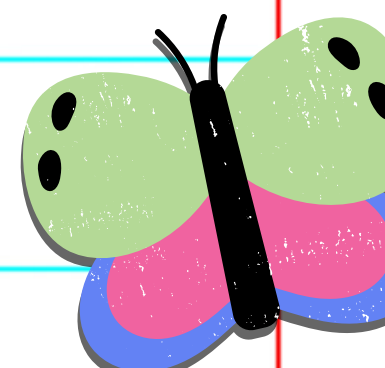
Go to
www.oswego.edu/international/cpt
and complete the **CPT Eligibility Form**

Students who meet the eligibility will be
invited to the **CPT Portal** to complete the
CPT process





Who do you need to work with for CPT authorization



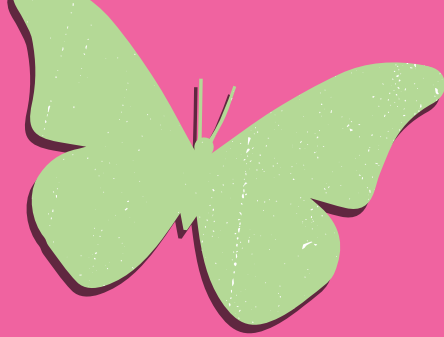
1 **ISSS**
(iss@oswego.edu)

2 **Supervisor/
Employer**

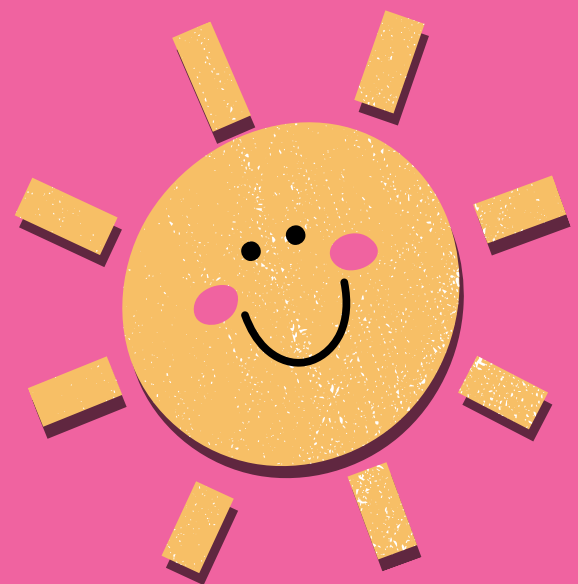
3 **EXCEL**
(excel@oswego.edu)

4 **Academic Advisor**
(as in myOswego)

Educate your employer!



If your **supervisor/employer** is not sure **how to assist you with the CPT application process** or has **questions regarding your CPT participation**, please share the URL of the webpage titled "**Employer's Guide for Hiring International Students.**"



www.oswego.edu/international/hiring-international-students



Thank you!

Do you have any questions?