

OPT Overview

<!-- -->

Table of contents

1	2
---------	---

1.

Optional Practical Training (OPT) provides F-1 students with an opportunity for hands-on work experience related to the academic field of study. You are eligible to apply if you meet the following criteria:

- You are currently in F-1 status.
- You have been enrolled in a full course of study for one academic year (three quarters, including final exams weeks) or will complete one academic year by the date the OPT approval begins.
- You have not exceeded 12 months of full-time Curricular Practical Training (CPT) authorization. (Part-time CPT does not affect OPT eligibility.)

You are eligible for 12 months of full-time OPT per academic level. For example, you may apply for 12 months of OPT after completing a bachelor's degree and then another 12 months after completing a master's degree. You may apply for OPT during your academic program (pre-completion) or after your academic program (post-completion). An additional 17-month extension may be possible depending on your field of study.

While approved for OPT, you are still in F-1 status and must report address changes and employment information to the International Student Services (ISS).

At the end of your approved OPT, as indicated by your Employment Authorization Document (EAD), you have a 60-day grace period. During this grace period you must either depart the U.S., be issued an I-20 for a new program of study, or change to a different immigration status.

- 12 months of OPT
 - Pre-completion
 - Post-completion
- 17-month STEM Extension of OPT
- Application Procedures
- After OPT Approval
 - Limits on periods of unemployment
 - Reporting requirements to ISS
 - Employment allowed while on OPT
 - Money matters
 - Health insurance
 - Travel and OPT
 - Study while on OPT
- H-1B cap gap extension

