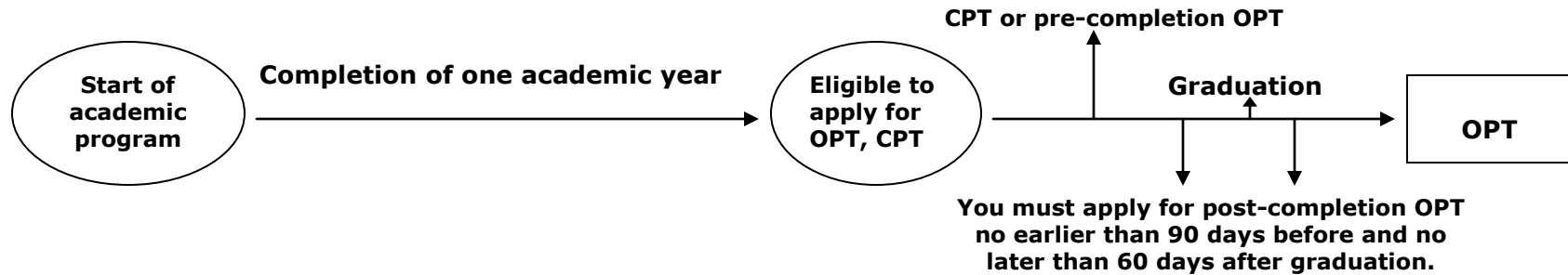


Curricular vs. Optional Practical Training for F-1 Students



	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.	Students in F-1 status who have completed one academic year.
When can I work?	<ul style="list-style-type: none"> -Part-time (less than 20 hours/week) while enrolled full-time -Part-time or full-time while on an approved vacation quarter -Full-time while enrolled full-time (consult with an ISS adviser) 	<ul style="list-style-type: none"> -Part-time (less than 20 hours/week) while enrolled full-time -Part-time or full-time while on an approved vacation quarter -Full-time with thesis or dissertation pending (must continue to register for credits until graduation) -Full-time after program completion (graduation)
What can I do?	Employment must be integral to your academic program. You must earn academic credit for each quarter of work, unless the employment fulfills a program requirement.	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.	No.
Are there any limitations?	CPT has no limits, although if you use more than 12 months FT CPT, you will lose your OPT.	Yes. Students have 12 months of OPT per degree level. Part-time OPT is accrued and deducted at half the rate (6 months PT = 3 months FT).
How do I apply?	Applications are processed in the ISS; please allow one week. See http://iss.washington.edu/employment/f1-employment/cpt for application procedures.	Applications begin in the ISS and are then sent to immigration. Allow 3-4 months for processing. See http://iss.washington.edu/employment/f1-employment/opt for application procedures.

EMPLOYMENT

What is employment?

Employment is any work performed or services provided (including self-employment) in exchange for money, tuition, room and board, or other benefit or compensation. Unauthorized employment is a serious violation of student status.

Is volunteering OK?

YES! Volunteering is an excellent way to gain experience. You should not volunteer in a position that is normally paid. You may not receive any form of compensation for the services you provide.

	F-1 Students	J-1 Students
<p>On-Campus Employment</p> <p>Examples include: RA/TA positions, library, IMA, University Bookstore in the HUB.</p>	<p>Students may work 20 hours/week while enrolled full-time, and more than 20 hours between quarters and during the annual vacation quarter.</p> <p>Not permitted after the completion of studies.</p>	<p>Students may work 20 hours/week while enrolled full-time, and more than 20 hours between quarters and during the annual vacation quarter. Employment must be authorized in advance and in writing by an adviser in the ISS or your program sponsor.</p>
<p>Off-Campus Employment</p> <p>Employment must be related to your field of study.</p>	<p>Curricular Practical Training (CPT) Optional Practical Training (OPT)</p> <p>See reverse for a description of both curricular and optional practical training.</p> <p>Other options, less frequently used, include Severe Economic Hardship and Employment with an International Organization. See your ISS adviser for more information on these.</p>	<p>Academic training (AT) is work related to a student's field of study and may be paid or unpaid. You may request AT during your studies or commencing not later than 30 days after completion of studies. Employment for AT has an overall limit of 18 months, which includes training both before and after completion of studies. The total amount of training may not exceed the total duration of the academic program. For postdoctoral training, the limit is 36 months. All AT is considered full-time.</p>