Hello everyone. Welcome to our CPT video series. This first video will be an introduction to CPT.

After viewing this video you should be able to do the following: define curricular practical training, or CPT, identify situations when you would apply for CPT, and evaluate if you are eligible for CPT.

So what is CPT?

Regulations state that “an F-1 student may be authorized to participate in a curricular practical training program that is an integral part of an established curriculum.”

It is an opportunity for students on F-1 visas to learn practical skills while studying at the University of Washington. CPT serves as a work authorization as students engage in activities that are related to their area of study.

A training activity must be either required for all students in your degree program for graduation, or if it’s optional, it must be tied to a credit.

Students can be authorized for either full-time CPT, which is defined as more than 20 hours per week, or part-time CPT, which is defined as 20 hours or less per week.

Why should students apply for CPT? F1 students require work authorization for any off-campus training activity.

Some common activities that might require CPT are the following: employment directly connected to your major, a paid or unpaid internship, contracted employment, a cooperative education experience, or participation in an off-campus practicum.

Remember, you cannot start working until your CPT is approved and you receive your CPT I-20 from ISS. We will talk more about how to submit a request in a future video.

CPT can also be required for the following opportunities. On-campus work for more than 20 hours per week during the academic quarters, or work for UW Tacoma or UW Bothell, since those are considered off-campus employment.

Now let's talk about the eligibility criteria for CPT.

You are eligible for CPT when you meet the following requirements.

You must have an active F1 status, as CPT cannot begin before the start date of your I-20.

You must complete 3 academic quarters of full-time study in the US. An exception to this is if a graduate degree program requires CPT during your first academic year.

You must be making normal academic progress.

You must have obtained a job or internship offer letter by the time you request CPT.

And finally, you must be registered for CPT credits for the internship or job.

Please note that you may apply for full-time CPT during an academic quarter.

This concludes our introduction to CPT video. The next video will discuss CPT as it relates to your F-1 status.