**Overview of Optional Practical Training and Curricular Practical Training**

**Off-Campus Employment**

**F-1 students can work off-campus, but you MUST apply for authorization before beginning employment.** (Additional information about each employment option is available by clicking on the tabs below the table)

**Employment Update**

If you are currently on OPT and you recently got a job or your employer information has changed, please contact the Center for Intercultural and International Programs.

**Off-Campus Employment Options**

| **Employment Option** | **Eligibility** | **Time Limit** | **Hours allowed per week** |
| --- | --- | --- | --- |
| **F-1 Curricular Practical Training (CPT)** | → At least one academic year in F-1 status.→ Must have employment offer related to field of study.→ Must be an established part of curriculum or an internship for credit. | → Can be authorized in one year increments up to the program end date, but a year or more of full-time CPT makes you ineligible for OPT.→ CPT cannot be authorized after graduation. | Part-time (20 hours or less per week) or full-time (more than 20 hours per week) |
| **F-1 Optional Practical Training (OPT)** | At least one academic year in F-1 immigration status. | → One year per degree level. Extensions are possible (see OPT page for details).→ Can work before program end date or after graduation. | → 20 hours per week while you are enrolled in classes.→ 40 hours per week during holidays & summer vacation. |
| **F-1 Economic Hardship** | → At least one year in F-1 status.→ Must prove economic hardship due to unforeseen events.→ Must have tried other employment. | Granted in one year increments, which can be applied for until program end date. | → 20 hours per week while you are enrolled in classes.→ 40 hours per week during holidays and summer vacation. |
| **F-1 International Organization** | F-1 immigration status (no waiting period) | Granted in one year increments, which can be applied for until program end date. | Part-time (20 hours or less per week) or full-time (more than 20 hours per week) |