CURRICULAR PRACTICAL TRAINING (CPT) V. OPTIONAL PRACTICAL TRAINING (OPT)

	Curricular Practical Training (CPT)	Optional Practical Training (OPT)	
What is it?	Allows F-1 students to engage in off-campus internship/employment, which is integral to program completion. Must earn academic credit for each semester of work, unless the employment fulfills a program requirement.	Allows any eligible F-1 students to engage in internship/employment within major area of study, in most cases upon program completion*	
Who can apply?	Students in F-1 status who have completed one academic year and who have declared a major. Grad students whose program requires immediate participation in training are exempt from the one-year requirement above.	Students who have completed one academic year.	
	Requires a job offer. (Employer-specific authorization.)	Does not require a job offer.	
When can I work?	-Part-time (less than 20 hours per week) while enrolled full time -Part or full time while on school breaks or during summer session	-Part-time (less than 20 hours/week) while enrolled full-time -Part-time or full-time while on school break or during vacation -Full-time with thesis or dissertation pending -Full-time after program completion (graduation)	
Duration of Training (per degree level)	CPT has no limits, although if you used more than 12 months of full time CPT, you will lose your OPT.	Maximum of 12 months full-time (unless eligible for STEM OPT extension). Pre-completion OPT will count against the 12-month limit for post-completion OPT.	
Granted by	Office of International Students (OIS) CPT I-20 issued.	USCIS Employment Authorization Document issued.	
How to Apply	Go to CPT workshop and meet w/ OIS to start process.	Go to OPT workshop and meet with OIS to start process.	
Application Fee	$0.	$410	
Processing Times	One week or less.	Can take up to 3+ months.	
Role of Academic Department	Verify enrollment requirements. (i.e. internship course, course credits research is integral component of thesis/dissertation). Complete CPT academic official certification form. Recommend CPT.	Pre-completion OPT: Verify full time enrollment on academic official form.	Post completion OPT: Verify expected program completion date on academic official form.
Role of OIS	Verify eligibility. Determine whether CPT is appropriate. Authorize CPT in SEVIS.	Verify eligibility. Recommend OPT in SEVIS.	