OPT Info Session

- What is OPT?
  - OPT stands for Optional Practical Training, which is an opportunity for F-1 students to apply what they learned in their studies in the United States in related jobs for up to 12 months. Post-completion OPT starts after a student graduated from a program.

- Who is eligible for OPT?
  - An F-1 student who has been studying on a full-time basis at a SEVP-certified college, university, conservatory, or seminary for at least one full academic year
  - May not have completed one full year or more of Curricular Practical Training (CPT)

- When should you apply?
  - Up to 90 days before the program end date
  - Up to 60 days after the program end date

- How do you apply?
  - See OPT application instructions and OPT checklist

- Important information about the regulations of OPT:
  - The latest possible start date is 60 days after the program end date
  - You are allowed up to 12 months of OPT for each academic level
  - You need to work in a field that is related to your program of study
    - Keep evidence such as job descriptions or letters from your supervisor
  - You need to work at least 20 hours a week
  - You may not be unemployed for more than 90 days total while on OPT
  - You need to report your employment or any changes to your DSO within 10 days
  - After the completion of your OPT, you have to leave the country within 60 days unless you apply for STEM extension, start a new program of study, or otherwise remain in legal status