F-1 Practical Training:

CPT & OPT

Pauline Deguzman
Assistant Director, Student Services

UAAC Meeting, February 7, 2023
Who are we?

Your friendly staff at the International Students & Programs Office

- 21 professional Staff
- 12 Student Staff
What do we do?

- Our team of expert staff supports and guides international students with their academic and personal goals, successful transition to campus and student life, and meaningful engagement with the university and local community.
Who are our Students?
F-1 Practical Training
CPT & OPT Application Process
What’s the difference?

CPT

Enrolled in coursework

LAST DATE OF ENROLLMENT

OPT

Done with all coursework
CPT

Working during your program
Curricular Practical Training (CPT) is a type of employment authorization for F-1 students. It is an opportunity to participate in a paid position, off-campus in a student’s field of study during the time that they are pursuing their degree.

CPT.ucsd.edu
1. **Obtain Job Offer**
   - Must have specific information on job offer letter.
   - Job must be related to program of study/major.
   - Start date of training must be within quarter dates (align with CPT course)

2. **Enroll in CPT-Eligible Course**
   - Students check with major department (minors are not included) to learn more.
   - Typical course numbers for undergraduates are: 191, 196, 197, 198 or 199.
   - Students may also explore AIP 97 or AIP 197.

3. **Submit iPortal Application**
   - Log into iPortal.ucsd.edu. Takes 10 business days.
   - Undergraduate Department Advisor reviews job offer and enrollment in course.
   - Must apply EVERY quarter to continue working.

4. **Receive CPT I-20 with Employment Authorization**

5. **Begin Working**
Working after your program

OPT
F-1 Optional Practical Training (OPT) is a type of employment authorization for F-1 students who have completed all required coursework. It is an opportunity to pursue a 12-month period of work experience in a student’s major field of study. The authorization can be used for a paid or unpaid position located on-campus or off-campus.
5-Month OPT Application Window

Winter 2023

Dec 25, 2022

-90 days

Spring 2023

May 23, 2023

+60 days

LAST DATE OF FINAL QUARTER*
March 25, 2023

*Dates above are generalized. Student’s program end date may vary.
1. **Confirm OPT Application Window**
   - Must be completing all coursework within 90 days or have completed within 60.
   - Must be in the U.S. at the time of applying.
   - A job is not needed at the time of applying for OPT!

2. **Submit iPortal Application**
   - Log into iPortal.ucsd.edu. Takes 10 business days.
   - College Advisor reviews Expected Term of Completion and Major/Field of Study.

3. **Receive OPT I-20 Recommendation**
   - Within 30 days of recommendation or before end of F-1 60-day grace period (whichever is earlier), student must submit online application to U.S. Immigration for approval.


5. **Begin Working**
   - Job must be related to program of study/major.
   - STEM students may apply for a 24-month STEM OPT Extension prior to the end of the expiration of EAD Card.
Refer students to:

- **ISPO’s General Employment Website:** iWork.ucsd.edu
- **ISPO Advising:** iContact.ucsd.edu
- **Employment Resources:** Career.ucsd.edu
- **Employment Programs:** iEvents.ucsd.edu

If you have process or case questions:

- **Email us:** Employment@ucsd.edu
- **Connecting with ISPO Staff:** ISPO’s Employment Workgroup

**Staff Resources**

**Argiria Williams**  
International Student Advisor  
akw011@ucsd.edu

**Pauline Deguzman**  
Assistant Director, Student Services  
pfdeguzman@ucsd.edu
Questions?
We are here to support you
MONDAY - FRIDAY: 9am - 4pm
+1 858.534.3730
istudents@ucsd.edu

iStudents.ucsd.edu

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