

WEEKLY UPDATE – Oct. 24

Career Planning

Are you pursuing an undergraduate or graduate degree and trying to figure out the best next step on your journey? As you navigate your career and academic opportunities as an international student, we have prepared some relevant resources including information about F-1 employment options, Career Services Center offerings this semester, and other timely events and information. If you have additional questions related to immigration, you can [email ISSS](#) or [make an appointment with your ISSS adviser](#).

Employment Options for International Students

If you're interested in pursuing an internship or job, consider applying for **Curricular Practical Training (CPT)**. CPT is off-campus employment (paid or unpaid) or other training that is a required or integral part of a degree program. Students may refer to the USF catalog or contact their academic department to determine whether CPT is a required or optional component of their degree program. [Learn more »](#)

Optional Practical Training (OPT) is another option for international students and is an off-campus work benefit for F-1 Visa holders. Students have the option to apply for 12 months of work authorization during or after their studies. Students are required to complete a workshop before submitting an OPT application to ISSS. Please note that all F-1 students must first receive approval before beginning employment in the U.S. [Learn more »](#)

On-Campus Employment is a great resource for international students who are interested in earning extra money. All F-1 degree-seeking students may work up to 20 hours per week on campus while classes are in session. Eligible F-1 students should follow the steps listed on our web page when seeking on-campus employment. [Learn more »](#)

J-1 students should check with their ISSS adviser or visa sponsor to determine their employment eligibility. Eligible J-1 students have two options to engage in employment: On-campus Employment and Academic Training. [Learn more »](#)



Job Success Strategies & International Networking Reception

During **International Education Week** (Nov. 11–18), our office will be hosting a Job Success Strategies Workshop on **Thursday, Nov. 17 from 5:30–7 p.m.** This workshop is designed for currently enrolled international students who are planning to pursue a job in the U.S. either during or after their program.

A reception will follow from 7–8:30 p.m. All international alumni and currently enrolled international students are invited. The reception is designed for you to connect with alumni and other USF students, as well as **network and explore job opportunities**. Registration is required for both events. [Register here »](#)



H1-B Workshop

Are you interested in learning about your options to remain in the US after you complete your studies? At this workshop, a local immigration attorney will present information on employment options for F-1 students after the completion of their programs. The workshop will take place via Zoom on **Tuesday, Nov. 1 from 5:30-6 p.m. PDT**. Registration is required. [Register here »](#)



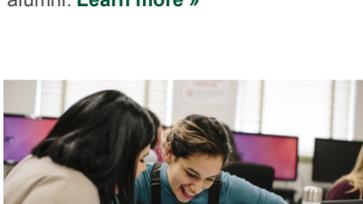
Career Services Center

The **Career Services Center (CSC)** is a great resource to support you on your career path. Join their **career workshops** and **employer events**, and chat with career counselors during in-person drop-ins that are hosted on Tuesdays and Thursdays from 11 a.m.–1 p.m. on UC 1st Floor. You can also review their online resources for **Handshake**, the CSC's powerful recruiting platform for USF students and alumni. [Learn more »](#)



Cafe International

Cafe International is a community space for international students to make friends and learn to live on the multicultural USF campus. These events take place on **Tuesdays from 5–6 p.m. on the following dates: Oct. 25, Nov. 1, and Nov. 15**. Come and enjoy a stress-free coffee break and chat about food, music, pop culture, and anything and everything to help you recharge. [Contact the Cultural Centers for more info »](#)



NetworkUSF

USF students have access to **NetworkUSF**, an online community designed to foster connections between students and alumni around the world. On the platform, students can seek advice, explore career fields of interest, and build a professional network with alumni. Students can filter alumni by career and industry area, geographic location, current company and title, area of interest, and USF affiliation. [Learn more »](#)



Campus Involvement

Not quite ready to obtain work authorization and land a job? A great way to get started is to join a student organization on campus. Student organizations provide exciting opportunities to develop leadership skills, network, acquire new skills, plan events, and connect to the USF community. There are over 130 graduate and undergraduate student organizations at USF with a variety of focuses. [Learn how to get involved »](#)

ISSS OFFICE RESOURCES

Requesting a Document from ISSS?

If you are requesting an immigration document or letter from our office, remember that we request **ten business days** to process requests. Make sure you plan accordingly so you have enough time to **receive your document** before you need it. All ISSS requests should be submitted through the **MyISSS student portal** (select the home icon, site home, and then requests on the left-hand menu). You can view our **MyISSS Student Handbook** for assistance with your submission.

Adviser Appointments and Workshops

Appointments can be made online. Please visit the **ISSS website** to schedule an appointment. Appointments are still booked in 30-minute increments. To schedule a workshop, select workshops from the first menu option in our scheduler. Students must complete an OPT workshop before applying for OPT.

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International Student and Scholar Services

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