



WEEKLY UPDATE – September 5

Happy Labor Day! This week's newsletter includes general information about employment options for international students. As always, if you have any general questions, you can contact our office by **chat**, **phone**, or **email**. If you have specific immigration questions, you can **make an appointment with your ISSS adviser online**.

Employment Options for F-1 Students

At the beginning of each semester, students are often curious about employment options available to them. Brief explanations are provided below along with links to our website where you can **find instructions** on how to apply for and secure employment. Please note that all F1 students must first receive approval before beginning employment in the U.S. F-1 students should know the following about their options for employment:

- **On-campus employment:** All F-1 degree-seeking students may work on campus up to 20 hours per week while classes are in session. Eligible F-1 students should follow the steps listed on our webpage when seeking on-campus employment. **Learn more »**
- **Curricular Practical Training (CPT):** If you're interested in pursuing an internship or job, consider applying for Curricular Practical Training (CPT). CPT is off-campus employment, internship, or other training that is a required or an 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):** Optional Practical Training (OPT) 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. **Learn more »**

J-1 students: Please note that J-1 students should check with their ISSS advisor 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 »**

Events and Workshops

REGISTER FOR A WORKSHOP

Optional Practical Training (OPT) Workshop

Are you graduating this semester? Are you interested in applying for OPT? Optional Practical Training (OPT) is an off-campus work benefit of F-1 visa holders. The OPT application process is detailed and for this reason, ISSS requires that students **OPT Workshop** before applying via MyISSS. It is important to know that the process for applying for OPT can take 3-4 months, and students should plan ahead to use this work authorization benefit. Please refer to **OPT Frequently Asked Questions (FAQs)** for more information.

Learn more »



Graduate Student Workshop: Networking

Calling all graduate students! Don't know where to start with networking? The **Priscilla A. Scotlan Career Services Center** is hosting a meeting where you can learn all about networking and how it can lead to your next opportunity. Their event is this **Wednesday, Sept. 7, from 6-7 p.m. on zoom**. We highly encourage you to attend this meeting to gain the tools and confidence to start networking. **Sign up here »**

Learn more »



How To Get A Job in 30 Minutes Workshop

Want to start looking for jobs, but don't know where to start? The **Priscilla A. Scotlan Career Services Center** is hosting a workshop where you can learn how to use Handshake to find jobs & internships. Create memorable resumes and cover letters. Prepare a captivating elevator pitch. And network effectively using LinkedIn...all in 30 minutes! Their event is this **Thursday, Sept. 8 from 12-12:30 p.m. at Berman Room, Fromm Hall**. **Sign up here »**

Learn more »

REGISTER FOR A WORKSHOP

H1B & Greencard Workshop

Are you interested in learning about your options to remain in the U.S. after you complete your program of studies? In this workshop, a US immigration attorney will present information on employment options for F-1 students after the completion of their studies. Information will focus on the H-1B Work Visa, however information on the TN NAFTA, L-1 Multi-National Organization, and P-1 Athlete or Entertainer in a Group visas will also be provided. They will also provide basic information on the family-based or employment-based Green Card application process. **Sign up here »**

Learn more »

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.

Learn more »

Adviser Appointments and Workshops

Appointments can be made online. Please visit the **ISSS website** to schedule an appointment. Appointments are still booked in 15-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.

Learn more »

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