## Curricular vs. Optional Practical Training for F-1 Students

<table>
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<tr>
<th><strong>Curricular Practical Training (CPT)</strong></th>
<th><strong>Optional Practical Training (OPT)</strong></th>
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| **Who can apply?**                     | **Pre-Completion:** Students in F-1 status who have completed one academic year.  
**Post-Completion:** Students in F-1 status can apply for OPT up to 90 days before the program end date and up to 60 days after the program end date. |
| Students in F-1 status who have completed one academic year and who have a declared major. Graduate students who are required to complete an internship within the first year may also be eligible. | |
| **How many hours can I work?**        | • Part-time (less than 20 hours/week) while enrolled as full-time students.  
• Part-time or full-time during vacation periods.  
• Full-time while enrolled full-time (consult with an International Center advisor) |  
• Part-time (less than 20 hours/week) while enrolled full-time (pre-completion OPT)  
• Part-time or full-time (post-completion OPT) |
| **What can I do?**                     | Employment must be related to your academic program. You must earn academic credit for each semester of work, unless the employment fulfills a program requirement. Please check with your academic advisor.  
Employment must be directly related to your field of study. |
| **Do I need to have a job before I apply?** | Yes. CPT is authorized for a specific job related to the student’s major.  
No. |
| **Are there any limitations?**        | There are no limitations for CPT. However, if you use more than 12 months of full-time CPT, you will be ineligible for OPT.  
Yes. Students have 12 months of OPT per degree level; students in STEM fields are eligible for a 24 month extension. Part-time pre-completion OPT is accrued and deducted at a 50% rate (6 months Part-time = 3 months Full-time). Part-time post-completion OPT is accrued at the same rate as full-time. |
| **How do I apply?**                   | Applications are processed by the International Center; please allow 5-7 business days. For more details, please visit the [CPT webpage](#) or contact us to schedule an appointment.  
Applications begin at International Center and are then sent to USCIS. Allow 3-4 months for processing. For more details, please visit the [Employment & Training webpage](#) and click on the type of OPT you are interested in or contact us to schedule an appointment. |

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