



Internships and international students for f-1 and j-1 status students

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What is an internship?

in·tern·ship

'in,tərn,SHip/

noun

noun: **internship**; plural noun: **internships**

the position of a student or trainee who works in an organization, sometimes without pay, in order to gain work experience or satisfy (Dictionary – Google)

An internship is a period of work experience offered by an organisation for a limited period of time (Wikipedia)



On-campus internships

- Qualifies as ‘on-campus employment’ and follows on-campus regulations
- Is allowed for F-1 students and J-1 students
- F-1 students need no special permission
- J-1 students need to come to GEO for authorization in SEVIS **BEFORE** beginning employment (and for any change of on-campus jobs)
- Both F-1 and J-1 students need to get an SSN if employed



Off-campus internships: Regulations and restrictions

- Only possible if approved by GEO
- May be approved as CPT or as OPT for F-1 students, Academic Training for J-1 students
- Maximum of 20 hours/week during academic terms
- 40 hours/week during academic breaks (summer, spring, winter)
- Internship cannot delay graduation plan in any way
- Cannot be authorized during first year in F-1 status or J-1 status
- Doing internship off-campus, whether paid or unpaid, without authorization would be a violation of F-1 or J-1 status

>>Student's focus should continue to be on studies



CPT- Curricular Practical Training



- An internship that is PART of your degree studies and overseen by your program
 - Internship/employment offer needed
 - Offer needs to fulfill a requirement of your program, or be attached to a credit class
 - Internship must be local in fall or spring semesters, and part-time
 - Internship can be distant, and full-time, during summer session
 - Application is free, and takes 1-3 days (if approvable)
- *HOW TO APPLY – CPT paperwork and forms on GEO webpages
- submit letter of internship offer and academic advisor's documentation of the internship's place in your program*

OPT – Optional Practical Training

- No internship/employment offer needed to apply for OPT
- Application goes to US government, takes about 90 days, and costs \$410
- Can be during your program ('pre-completion' or after your program 'post-completion')
- OPT is limited to 1 year in total of full-time OPT (Plus applicable STEM OPT)

➤ *HOW TO APPLY –
Attend OPT workshop,
prepare all materials,
make appointment with Sean
to apply, submit application*



UCCS Colleges and Internships



Business – Internships possible through most degrees, required for some programs. See Career Development Center in the College of Business.



Engineering – Internships at Masters and PhD level through Independent Study classes may be possible.

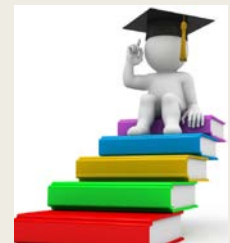
Health Sciences – Any program requiring clinical rotations would be eligible for CPT authorization. Certain degrees have ‘Internship’ classes.



Arts & Letters – Get internships approved through S.L.I.C.E. (Service-Learning Internship & Community Engagement Center) to be a part of your academic program, and then may be approved as CPT.



Education – Internship may be needed for education degrees and can easily be authorized for CPT if required.



Applying for an SSN

- Bring employment/internship letter to GEO, request SSN letter
- Take the employment letter, GEO SSN letter, and immigration documents to the SS Administration office
- International students are only eligible for SSN if internship for pay (employment).
 - *You may be able to begin working before you receive your SSN if necessary.*
 - *Keep in mind all employment rules and regulations at all times!*



Questions?



