

SHA CPT & OPT Information for F-1 International Students

What is CPT?

What is OPT?

What is it?	Click here for general information on CPT (Curricular Practical Training)	Click here for general information on OPT (Optional Practical Training).
Who needs it?	SHA F-1 international enrolled in required work experience courses - Undergraduate students: HF140, HF240, or HF440. - Graduate students: HF740.	To work in the U.S. after graduation, F-1 international students can apply for Post-Completion OPT, while those who wish to work during their studies without enrolling in a related course may consider Pre-Completion OPT.
Eligibility	F-1 international students after completing two semesters of full-time study. Can be authorized during the academic year (part-time only) or summer (full-time allowed).	All F-1 international students may apply for Post-Completion OPT to work in the U.S. after graduation in a role directly related to their program of study.
How and What to know when applying	Submit request after getting a job offer and enrolling in HF140, 240, 440, or 740 through the ISSO portal under Request Center → “CPT Add New.” You'll need a job offer letter with: - Start/end dates - Salary (if applicable) - Supervisor contact, Internship location, and Brief job description Once submitted, grad students' forms go to Andrew Dwyer (adwyer92@bu.edu) and undergrads to Maureen Ricciuti (mrivicuit@bu.edu) for approval. Must be enrolled HF140, 240, 440, or 740 when applying, otherwise will be denied. Must be part-time during the academic year (less than 20 hours). Can be full-time during the summer (more than 20 hours) **Using 12+ months of full-time CPT makes you ineligible for OPT.	Submit a request to the ISSO for an OPT recommendation on your I-20, then apply to USCIS for final approval. Processing takes about 3–5 months, so check with your ISSO Advisor for ideal timing. Your OPT application must reach USCIS: - Within 30 days of the OPT recommendation on your I-20 - No later than 60 days after your graduation date STEM students will be required to reapply for OPT after one year, by completing a <u>Form I-983</u> with their supervisor demonstrating a formal training plan. Post-Completion OPT is full time after graduation. Pre-Completion OPT can be part-time.

For questions, undergrads can contact Olesya Perevyshina (olesyag@bu.edu) and grads can reach Chris Moca (cmoca@bu.edu). Book an appointment or speak with an ISSO advisor (in person or via Zoom) [here](#), or call 617-353-3565.