

F-1 CPT and OPT Comparison Chart

	Curricular Practical Training CPT		Optional Practical Training OPT
What is it?	Allows F-1 students to engage in paid, off-campus internship/employment, which is required for, or an integral to, program completion		Allows students to engage in paid employment related to the students major and areas of study during or after program completion
Full time enrollment under lawful F-1 status for one full academic year prior to training			
Eligibility	Employment must be required or an integral part of students' academic program. This includes training that is required of all students or training required for a particular course or curricular track		Employment must be in the students major area of study
	Job offer required		12+ months full-time CPT makes student ineligible for OPT at the same education level
Duration of training (per degree level)	No maximum for part-time CPT. Full-time CPT should be limited to less than 12 months (at the same educational level) to be eligible for OPT		Maximum of 12 months full-time
Granted By	International student services office (P/DSO) CPT I-20 issued		U.S citizenship and immigration service. Employment Authorization Document (EAD) issued
How to Apply	Complete CPT application with academic advisor. Submit employment letter.		Complete application and submit required material.
Application fee	\$0		\$380
Processing time	Approx 1 week		Approx 3 months
Employment Status	Part time CPT	Full time CPT	Post-completion OPT
	<20hrs/week while in school session	>20hrs/week Holidays/breaks	Most students apply before post-OPT. Can be full-time or part-time. Unemployment limited to 90-days during 12 month period
			Part-time OPT will be deducted from the 12 month limit at one half of full-time rate
Academic Department's role (Advisor)	Determine whether a CPT is "required" or "integral" part of academic program. Determine registration requirements (internships, credits, practicum etc) Recommend CPT (advisor memo request and hire letter submitted by student)		Post-completion: Verify expected program completion term.
ISSS Role	Verify eligibility Determine whether CPT is appropriate		Verify eligibility Recommend OPT in SEVIS