

Overview of Employment Regulations for F-1 and J-1 Students

WHAT IS EMPLOYMENT?

Employment is defined as any type of work performed or services provided in exchange for money, tuition, fees, books, supplies, room, board, or any other benefit. “Volunteer work”, work done without pay, may be considered employment in situations where you are displacing a paid employee. Special work authorization is required for some volunteer work.

Working improperly or without authorization is a very serious violation of your status. It is your responsibility to comply with all regulations which affect F-1 and J-1 students.

EMPLOYMENT FOR F-1 STUDENTS

* **On Campus:** Students maintaining F-1 status may be employed on campus up to twenty (20) hours per week while classes are in session and full time during annual school breaks.

* **Economic Hardship:** An F-1 student may be authorized to work off-campus if severe economic hardship caused by unforeseen circumstances beyond the student’s control arise. Contact OIP for complete information and application procedures.

* **Practical Training:**

Curricular Practical Training (CPT) can be authorized during the program of study. The employment must be approved by your academic advisor and OIP. CPT is used to gain experience in your field of study and you must earn academic credit while doing CPT.

Optional Practical Training (OPT) is not for credit and is usually used after graduation. OPT is limited to 12 months, except that students who earn their degree in a STEM (Science, Technology, Engineering or Math) major may qualify for additional OPT time.

Immigration regulations prohibit all employment of F-2 dependents (spouses and children of F-1 students).

EMPLOYMENT FOR J-1 STUDENTS

As a J-1 student, you are permitted to accept employment only with the written permission from a Responsible Officer at the Office of International Programs or from your J-1 sponsor.

* **On Campus:** Students maintaining J-1 status may be employed on campus up to twenty (20) hours per week while classes are in session and full time during annual school breaks. Written permission is needed before beginning employment.

* **Economic Hardship:** J-1 students may be authorized to work off-campus if severe economic hardship caused by unforeseen circumstances beyond the students control arise. Contact OIP for complete information and application procedures.

* **Academic Training:** Academic Training must be directly related to the student's field of study and must be authorized by a Responsible Officer at the Office of International Programs or by the J-1 program sponsor. Academic Training may be authorized before or after completion of the program of study and may be granted for up to a total of eighteen months.

Detailed information on criteria and application procedures for employment in F-1 or J-1 status may be obtained at the Office of International Programs.

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This handout is a summary of basic employment for F-1 and J-1 students, provided by the Office of International Programs. It should be used as a guideline only. Immigration law changes, be sure to check with an OIP Advisor if you have any questions.