



# UC San Diego

**INTERNATIONAL STUDENTS  
AND PROGRAMS OFFICE**

**2023**





**UC San Diego**

**INTERNATIONAL STUDENTS  
AND PROGRAMS OFFICE**

**F-1 Practical Training:  
CPT & OPT**

**Pauline Deguzman**

Assistant Director, Student Services

UAAC Meeting, February 7, 2023

# Who are we?

UC San Diego  
INTERNATIONAL STUDENTS  
AND PROGRAMS OFFICE



Your friendly staff at the  
**International Students &  
Programs Office**

- 21 professional Staff
- **12 Student Staff**

# What do we do?

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- Our team of expert staff supports and guides international students with their academic and personal goals, successful transition to campus and student life, and meaningful engagement with the university and local community.





Who are our  
**Students?**

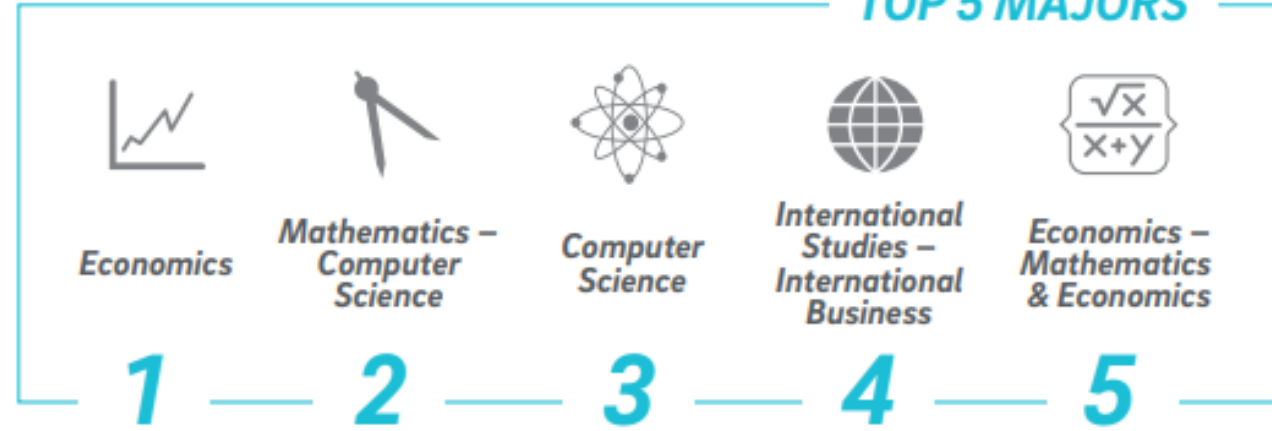
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**5,387 UNDERGRADUATE STUDENTS**

TOP 5 MAJORS

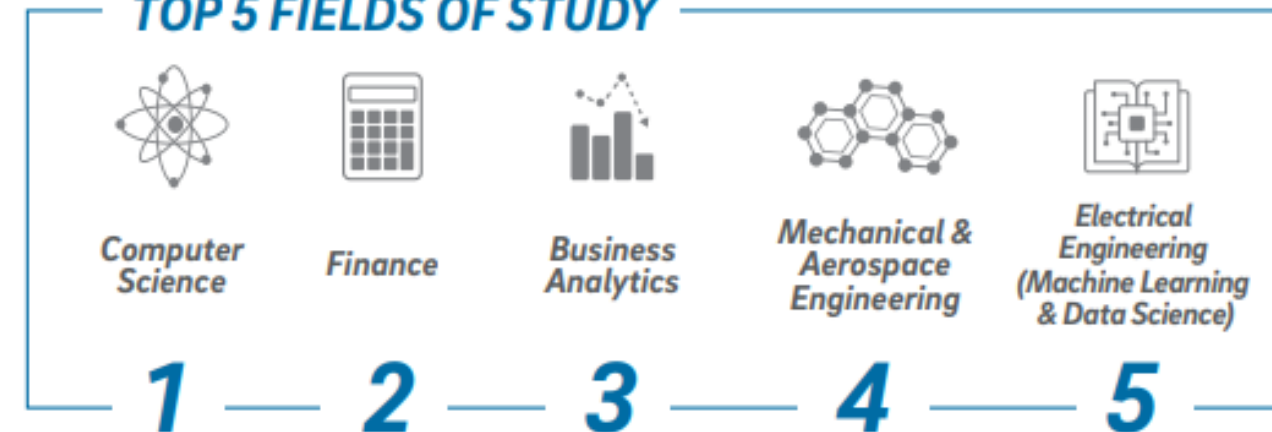


POPULATION BY COLLEGE



**3,564 GRADUATE STUDENTS**

TOP 5 FIELDS OF STUDY

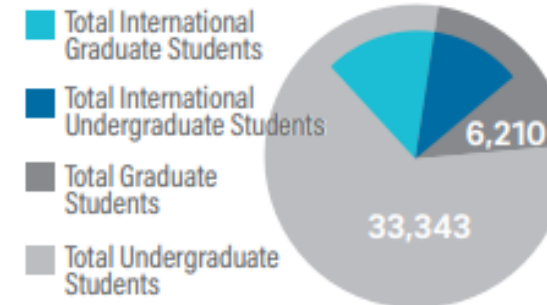


**8,966**

TOTAL INTERNATIONAL STUDENTS

includes 15 certificate students at the Global Leadership Institute

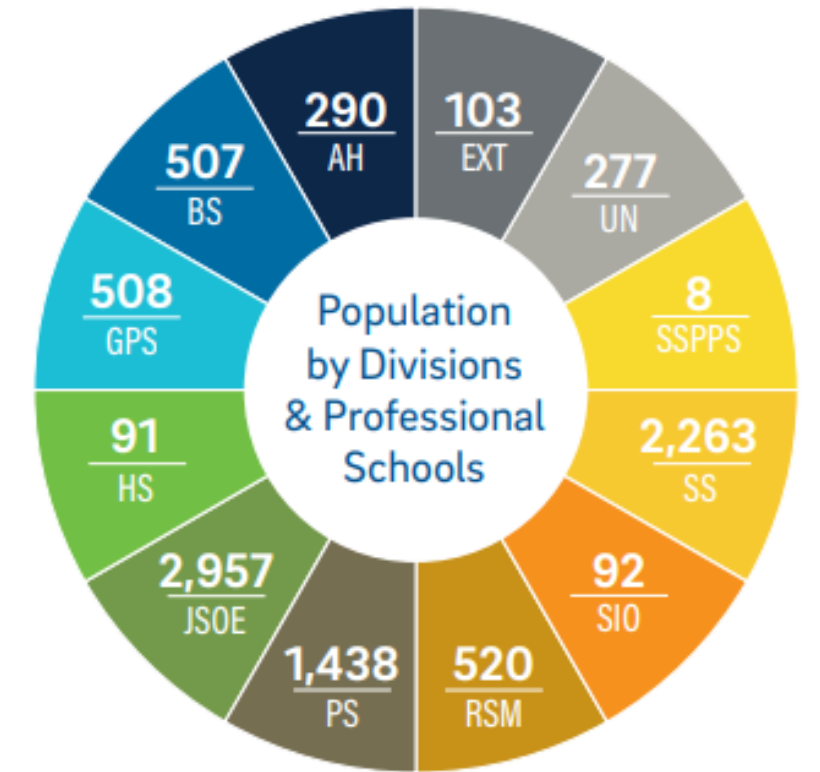
**20.9%** of campus population



**2,108**

WORKING AFTER GRADUATION on OPT, STEM OPT or Academic Training

11,074 total of international students served  
**42,875** TOTAL UCSD STUDENTS  
Excludes Extension



- ARTS & HUMANITIES (AH)
- BIOLOGICAL SCIENCES (BS)
- GLOBAL POLICY & STRATEGY (GPS)
- HEALTH SCIENCES (HS)
- JACOBS SCHOOL OF ENGINEERING (JSOE)
- PHYSICAL SCIENCES (PS)
- RADY SCHOOL OF MANAGEMENT (RSM)
- SCRIPPS INSTITUTION OF OCEANOGRAPHY (SIO)
- SOCIAL SCIENCES (SS)
- SKAGGS SCHOOL OF PHARMACY AND PHARMACEUTICAL SCIENCES (SSPPS)
- UNAFFILIATED (UN)
- EXTENSION (EXT)

TOP 10 COUNTRIES

\*Based on country of citizenship listed on passport.

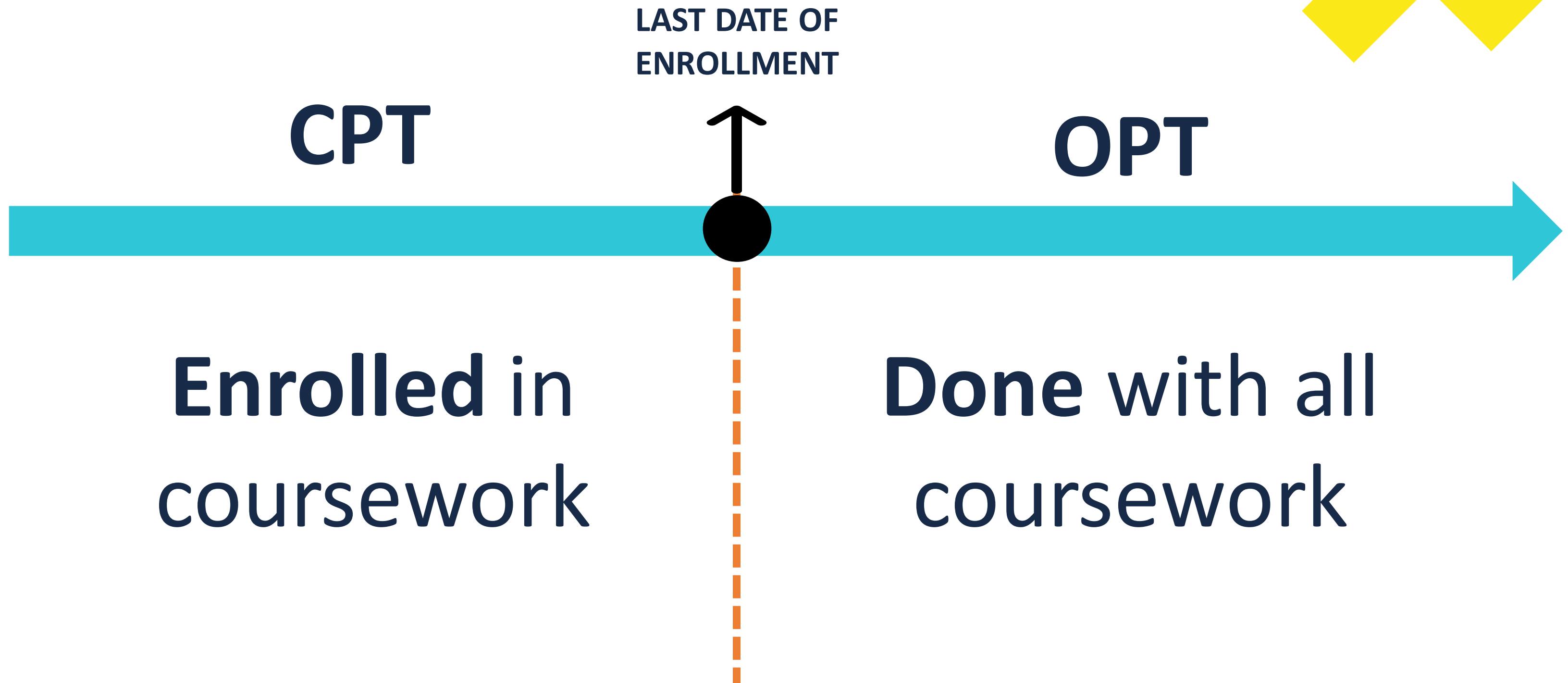


# F-1 Practical Training

## CPT & OPT Application Process

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# What's the difference?





# CPT

## Working during your program

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# CPT

**Curricular Practical Training (CPT)** is a type of **employment authorization** for F-1 students. It is an opportunity to participate in a **paid position, off-campus** in a **student's field of study** during the time that they are **pursuing their degree**.

**CPT.ucsd.edu**

# CPT Application

## 1. Obtain Job Offer

- Must have specific information on job offer letter.
- Job must be related to program of study/major.
- Start date of training must be within quarter dates (align with CPT course)

## 2. Enroll in CPT-Eligible Course

- Students check with major department (minors are not included) to learn more.
- Typical course numbers for undergraduates are: 191, 196, 197, 198 or 199.
- Students may also explore AIP 97 or AIP 197.

## 3. Submit iPortal Application

- Log into [iPortal.ucsd.edu](https://iportal.ucsd.edu). Takes 10 business days.
- Undergraduate Department Advisor reviews job offer and enrollment in course.
- Must apply EVERY quarter to continue working.

## 4. Receive CPT I-20 with Employment Authorization

## 5. Begin Working



# OPT

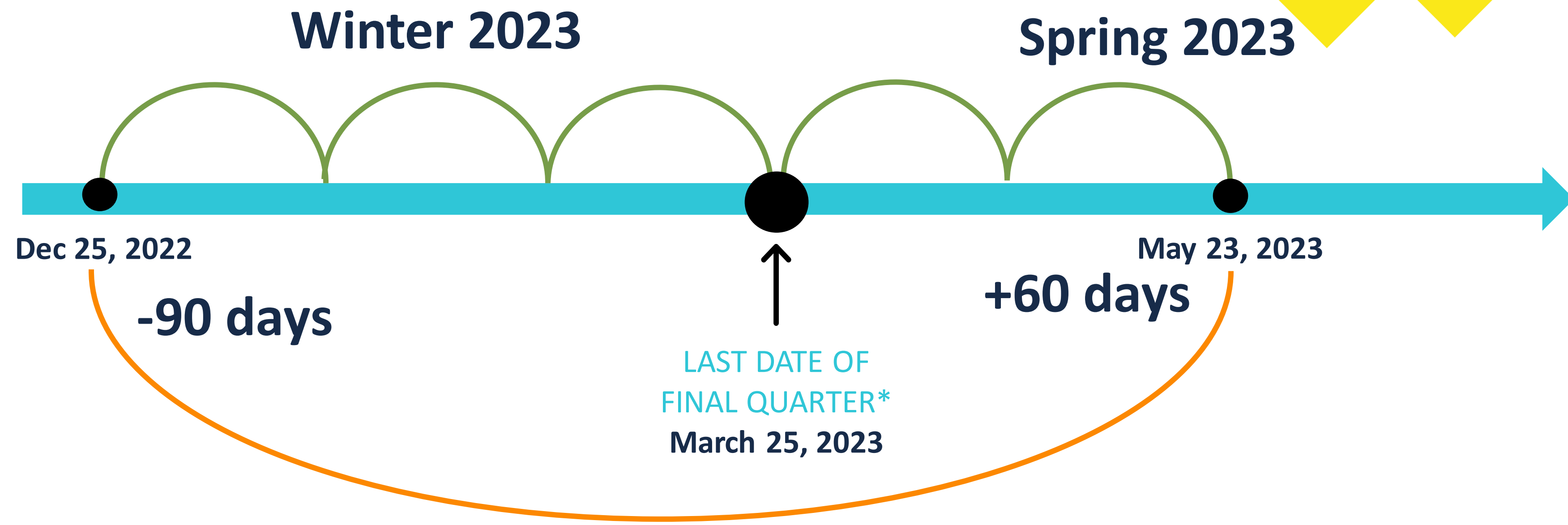
## Working after your program

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**F-1 Optional Practical Training (OPT)** is a type of **employment authorization** for F-1 students who have **completed all required coursework**. It is an opportunity to pursue a **12-month period** of work experience in a student's **major field of study**. The authorization can be used for a **paid or unpaid position** located **on-campus or off-campus**.

**[OPT.ucsd.edu](https://opt.ucsd.edu)**

# 5-Month OPT Application Window



## 5-Month OPT Application Window

*\*Dates above are generalized. Student's program end date may vary.*



# OPT Application

## 1. Confirm OPT Application Window

- Must be completing all coursework within 90 days or have completed within 60.
- Must be in the U.S. at the time of applying.
- A job is not needed at the time of applying for OPT!

## 2. Submit iPortal Application

- Log into [iPortal.ucsd.edu](https://iportal.ucsd.edu). Takes 10 business days.
- College Advisor reviews Expected Term of Completion and Major/Field of Study.

## 3. Receive OPT I-20 Recommendation

- Within 30 days of recommendation or before end of F-1 60-day grace period (whichever is earlier), student must submit online application to U.S. Immigration for approval.

## 4. Receive Employment Authorization Document (EAD Card)

## 5. Begin Working

- Job must be related to program of study/major.
- STEM students may apply for a 24-month STEM OPT Extension prior to the end of the expiration of EAD Card.

# Staff Resources

## Refer students to:

- **ISPO's General Employment Website:** [iWork.ucsd.edu](http://iWork.ucsd.edu)
- **ISPO Advising:** [iContact.ucsd.edu](http://iContact.ucsd.edu)
- **Employment Resources:** [Career.ucsd.edu](http://Career.ucsd.edu)
- **Employment Programs:** [iEvents.ucsd.edu](http://iEvents.ucsd.edu)

## If you have process or case questions:

- **Email us:** [iEmployment@ucsd.edu](mailto:iEmployment@ucsd.edu)
- **Connecting with ISPO Staff:** ISPO's Employment Workgroup

### **Argiria Williams**

International Student Advisor

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### **Pauline Deguzman**

Assistant Director, Student Services

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# Questions?

We are here to support you

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# UC San Diego

**INTERNATIONAL STUDENTS  
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