



Curricular Practical Training

Your Path to Real-World Experience

What is Curricular Practical Training?

Curricular Practical Training, also known as CPT, is defined as "alternate work/study, internship, cooperative education, or any other type of required internship or practicum which is offered by sponsoring employers through cooperative agreements with the school. CPT must **relate directly to the student's major area of study** and be an **integral part of an established curriculum** (Internship Class or Equivalent is required).

***Programs that require internship, practicum, or placement may require CPT approval by ISSS**



Full-Time v.s Part-Time CPT

Curricular Practical Training let's F-1 students gain off-campus work experience before graduation. But the numbers of hours you work matters. **All work or related activity off-campus would require a CPT.**

Part-Time CPT

1. 20 hours/week or less
2. Allowed during the semester
3. Must maintain enrollment requirements for each semester
4. No impact on OPT eligibility
5. Common for internships during fall/spring

***ISSS APPROVAL REQUIRED PRIOR TO WORKING**

Full-Time CPT

1. More than 20 hours/week
2. Can be used during your first academic year **only if required** by your program
3. 12 months or more = no OPT after graduation
4. Popular for summer internships or co-ops

***ISSS APPROVAL REQUIRED PRIOR TO WORKING**

CPT Regulations

1. Students who accumulate 12 months of full-time CPT are not eligible for Optional Practical Training (OPT).
2. Students can have more than one CPT authorization at the same time. However, CPT authorization is needed for each employer and each time period.
3. CPT must occur before a student's program end date on the I-20 and graduation, whichever comes first.
4. Once the requirements for your program of study have been completed, all CPT must cease.
5. CPT start and end dates must follow the academic semester.

CPT Eligibility Checklist

Be in valid F-1 Status

Have completed at **least One Academic Year** **unless** your program requires earlier internship/practicum.

Have a job or internship offer letter

Enrolled in a course tied to the work experience

How to apply for CPT?

Secure a job offer; Must include details like start/end date, hours worked, job duties

Enroll in the required course

Submit CPT request to your DSO

Get new I-20 with CPT Authorization

Start work **ONLY after you receive the I-20 from ISSS.**

Fall 2025 Virtual Sessions

Monday, September 22, 2025

Friday, October 03, 2025

Friday, November 21, 2025

Monday, December 01, 2025

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- Ensure the information in your publication — including phone numbers, email addresses, and dates — is accurate.

TO POST ON CAMPUS

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- Review UPPS 07.04.02 for more information about posting literature on campus.

WHICH STATEMENTS DO I USE?

- You are required to use certain statements in your publications. See our Statements and Inclusions page to review the statements and when they should be used.
- The most common statements are already included on the templates.