**FQA – OPT**

* **What is OPT?**
  + OPT is temporary employment directly related to an F-1 student’s major area of study. It allows eligible students to gain practical work experience during or after their studies in the U.S.
* **What is pre-completion OPT?**
  + Students have the option of doing training part-time while still a student, which is called Pre-completion OPT. If you choose this option, you can work up to 20 hours a week while school is in session, as long as you complete a full-time course load. During your annual vacation quarter and the break between quarters, you can work full-time (20-40 hours per week).

Pre-completion training is counted against the 12-month total as follows:

* + - 4 months part-time = 2 months full-time
    - Because Pre-completion OPT is deducted from the 12 months of OPT eligibility, most students prefer to save their OPT for after program completion. However, students who may be leaving the US after completing their program or starting a higher-level degree immediately after graduation may choose this option
    - Students can apply for Pre-completion OPT as early as 90 days before the preferred start date
    - Note that Pre-completion OPT is not applying for OPT while you are still a student - it means you would engage in the practical training while you are still a student.
* **What’s post-completion OPT?**

Post-completion OPT takes place *after* you have completed your academic program.  This is the most common type of OPT, and is always considered full-time with the government.  Whether you work 20 or 45 hours per week, it will count as full-time and counts towards your 12 months of available OPT.

* You can apply for OPT **as early as 90 days before the end of your program**(your graduation date)
* You can apply for OPT **as late as the end of your 60-day grace period** (i.e. 60 days after your I-20 end date) - though we recommend applying as early as possible to prevent delays
* **Does pre-completion OPT affect post-completion OPT?**
  + Yes. Any time spent in pre-completion OPT (either part-time or full-time) will reduce the amount of post-completion OPT you can use. For example, 1 year of part-time pre-completion OPT reduces your post-completion OPT by 6 months.
* **When am I eligible for OPT?**
  + Post-completion OPT takes place after you have completed your academic program. This is the most common type of OPT, and is always considered full-time with the government. Whether you work 20 or 45 hours per week, it will count as full-time and counts towards your 12 months of available OPT.

You can apply for OPT as early as 90 days before the end of your program (your graduation date)

You can apply for OPT as late as the end of your 60-day grace period (i.e. 60 days after your I-20 end date) - though we recommend applying as early as possible to prevent delays

* **How do I apply?**
  + You must request your Designated School Official (DSO) to recommend OPT. After that, you file Form I-765 with USCIS to request employment authorization.
* **Who’s my immigration advisor?**
  + Dale Watanabe (Law, J students/scholars & Doctoral students): watanad@seattleu.edu
  + Tashi Rabgey (students with SU IDs ending in 0, 1, 2): trabgey@seattleu.edu
  + Sandra Bui (students with SU IDs ending in 3, 4, 5, 6): buis@seattleu.edu
  + Chloe Thomas (students with SU IDs ending 7, 8, 9): thomasc@seattleu.edu
* **And when?**
  + For pre-completion OPT, apply up to 90 days before completing one academic year.
  + For post-completion OPT, apply up to 90 days before completing your degree, and no later than 60 days after your degree completion.
* **What documents do I need to apply for OPT?**
  + **2x2 Photo of You:** Upload your 2x2 passport photo (taken within last 30 days)
  + **Form I-94:** Upload a screenshot of **I-94 number** available [hereLinks to an external site.](https://i94.cbp.dhs.gov/I94/" \l "/home" \t "_blank). Click “Get Most Recent I-94”
  + **Employment Authorization Document or Government ID**: Upload your Passport & Visa here. O*nly* *if applicable*: upload your previous EAD card (front and back)
  + **Previously Authorized CPT or OPT authorization *(if applicable)*:** Upload previous I-20s with any CPT or OPT authorizations.
  + **Form I-20:** Newly issued I-20 with OPT endorsement signed by your immigration advisor and yourself (digital signature on the I-20 is not acceptable by USCIS)
* **How long can I work on OPT?**
  + F-1 students are eligible for up to 12 months of OPT.
    - If you apply for pre-completion OPT, that time will be deducted from your available post-completion OPT.
* **What kind of work qualifies for OPT?**
  + Directly related to your field of study
  + Degree completion requirement
    - Needed for post-opt
    - Do not need it for pre- opt
  + Time limit:
    - Standard OPT: 12months
    - STEM OPT Extension
      * Only STEM degree students
* **How long can I stay and work in the U.S. under OPT?**
  + You can stay in the U.S. for the duration of your authorized OPT period. For STEM OPT, this can be extended up to 24 months, but if you transfer schools or change degree levels, your OPT authorization ends.
* **Can I work during OPT w/o approval?**
  + No! you cannot start working until your OPT application is approved and you have received your Employment Authorization Document (EAD) from USCIS. This is a violation to your non-immigrant status.
* **Can I work full-time during pre-completion OPT?**
  + Yes, but the time will be deducted from the post-opt time.
    - E.g. If student completed full time job for 12months, then at the end won’t have any time left.
* **Can I apply for STEM OPT?**
  + f you have a degree in a STEM field, you may qualify for a 24-month extension of your post-completion OPT, provided you are employed by a company enrolled in E-Verify and your initial OPT is based on a STEM degree.
* **What legal frameworks or regulations permit the existence of OPT?** 
  + INA – Immigration and Nationality Act
  + CFR – code of Federal Regulations (8 CFR 214.2.)
  + DHS Regulations
  + USCIS
* **When is the earliest and latest I can apply for OPT?**
  + You can apply for OPT as early as 90 days before the end of your program (your graduation date)
  + You can apply for OPT as late as the end of your 60-day grace period (i.e. 60 days after your I-20 end date) - though we recommend applying as early as possible to prevent delays
* **How many hours per week can F-1 students work on-campus during the academic term?**
  + F-1 students are allowed to work up to 20 hours per week on-campus during the academic term.
* **Is prior approval from USCIS required for on-campus employment for F-1 students?**
  + No, F-1 students do not need prior approval from USCIS for on-campus employment. However, students should inform their Designated School Official (DSO).
* **Can F-1 students work full-time on campus during school breaks, and if so, where?**
  + Yes, F-1 students can work full-time on-campus during school breaks. The work must be performed on the school’s premises or at an affiliated location.
* **What is the requirement for the location of on-campus employment for F-1 students?**
  + On-campus employment must be located on the school’s premises or at an affiliated location.
* **Do F-1 students need to inform their DSO about their on-campus employment?**
  + Yes, F-1 students should inform their DSO about any on-campus employment, even though USCIS approval is not required.
* **What is the difference between Curricular Practical Training (CPT) and Optional Practical Training (OPT) for F-1 students?**
  + CPT is a work authorization for F-1 students that is directly related to their field of study and can occur during the academic term or summer.
  + OPT is a post-graduation work authorization that allows students to work in the U.S. in their field of study for up to 12 months (24 months for STEM graduates).
* **How does CPT approval differ from OPT approval for F-1 students?**
  + CPT requires prior approval from the Designated School Official (DSO) before the student begins working. For OPT, F-1 students must apply to USCIS and receive approval before starting employment.
* **Can F-1 students work full-time on CPT during the academic term, and what are the requirements for full-time CPT?**
  + F-1 students can work full-time on CPT during school breaks. However, CPT during the academic term is typically limited to part-time (20 hours per week or less) unless the student is on break or it is a required part of the curriculum.
* **What is the maximum duration of OPT for F-1 students, and how is it different for STEM graduates?**
  + The maximum duration of OPT is 12 months for most F-1 students. STEM graduates (students in Science, Technology, Engineering, and Mathematics fields) are eligible for a 24-month extension, giving them a total of 36 months of OPT.
* **Under what conditions can F-1 students apply for off-campus employment based on severe economic hardship?**
  + F-1 students can apply for off-campus employment based on severe economic hardship if they can demonstrate that they are experiencing financial difficulties due to unforeseen circumstances. The student must apply for authorization through USCIS.
* **How does the time spent on Pre-Completion OPT affect Post-Completion OPT?**
  + The time used for Pre-Completion OPT is deducted from the total time allowed for Post-Completion OPT.
    - For example, if a student uses 3 months of Pre-Completion OPT, only 9 months of Post-Completion OPT remain.
* **How long is the maximum duration for Post-Completion OPT for an F-1 student?**
  + F-1 students are typically granted 12 months of Post-Completion OPT.
* **Can an F-1 student extend their Post-Completion OPT if their degree is in a STEM field?**
  + Yes, STEM graduates can apply for a 24-month extension, bringing the total possible duration of OPT to 36 months.
* **How many months of OPT can STEM graduates apply for in total, including extensions?**
  + STEM graduates can apply for up to 36 months of OPT, including the 12-month initial period and the 24-month extension.
* **Is it necessary for the work performed during OPT to relate directly to the student's field of study?**
  + Yes, the work must be directly related to the student's field of study.
* **How many hours per week can an F-1 student work on Pre-Completion OPT during the academic semester?**
  + F-1 students can work up to 20 hours per week during the academic semester on Pre-Completion OPT.
* **Can F-1 students work full-time on Post-Completion OPT?**
  + Yes, students can work full-time (40 hours or more per week) during Post-Completion OPT.
* **Is the approval process for OPT different between Pre-Completion and Post-Completion OPT?**
  + No, both Pre-Completion and Post-Completion OPT require USCIS approval, but the timing of the application is different.
* **What are the general requirements for F-1 students to work on-campus?**
  + F-1 students may work up to 20 hours per week during the academic semester and full-time during breaks, but the work must either be on the school premises or at an educationally affiliated location.
* **What is an "educationally affiliated off-campus location"?**
  + An educationally affiliated location is a job that is associated with the school’s curriculum or a research project that is funded by the school, even if it’s off-campus.
* **Can an F-1 student work on-campus for a company that does not provide student services?**
  + No, F-1 students cannot work for a company that does not provide student services, even if the company is located on-campus (e.g., construction work).
* **What is the maximum number of hours an F-1 student can work on-campus during school breaks?**
  + F-1 students may work full-time on-campus during school breaks (more than 20 hours per week).
* **Can an F-1 student work on-campus at multiple jobs?**
  + Yes, but the total hours worked must not exceed 20 hours per week during the academic term. Full-time work is allowed during breaks.
* **Can an F-1 student work on-campus at a different campus in the same school system?**
  + Yes, an F-1 student may work at another campus within the same school system if the campus is within a reasonable commuting distance and listed on the same Form I-17.
* **Can an F-1 student continue on-campus employment if they change their program of study at the same school?**
  + Yes, if an F-1 student finishes one program and starts another at the same school, they may continue working on-campus as long as they remain enrolled for the next term.
* **Does an F-1 student need to inform the DSO before starting on-campus employment?**
  + Yes, an F-1 student must inform their DSO before beginning on-campus employment to ensure the job qualifies.
* **Can an F-1 student work after their program end date on-campus?**
  + An F-1 student may continue working on-campus if they are continuing their education at the next program level at the same school.
* **What happens if an F-1 student works more than 20 hours per week during the academic term without authorization?**
  + Working more than the authorized hours could result in a violation of F-1 status and termination of their SEVIS record, which means they would have to leave the U.S. immediately.
* **When can an F-1 student apply for off-campus employment?**
  + An F-1 student can apply for off-campus employment only after they have been enrolled for at least one full academic year and have met the requirements for severe economic hardship or emergent circumstances.
* **What are some examples of emergent circumstances that could qualify an F-1 student for off-campus employment?**
  + Emergent circumstances include natural disasters, wars, national financial crises, or significant changes in the student's financial situation.
* **How long does USCIS approve off-campus employment for F-1 students based on severe economic hardship?**
  + USCIS approval for off-campus employment based on economic hardship is valid for one year. The student must reapply if they wish to continue working.
* **Can an F-1 student appeal a denial of their off-campus employment application?**
  + No, an F-1 student cannot directly appeal the denial, but they can file a motion to reopen or reconsider the decision if new information or an incorrect application of law is involved.
* **What is required for an F-1 student to apply for off-campus employment based on economic hardship?**
  + The student must have been enrolled for at least one academic year, be in good academic standing, and demonstrate that their financial need cannot be met through available on-campus work.
* **What document does an F-1 student need to submit with their off-campus employment application?**
  + The student needs to submit the Form I-765 (Application for Employment Authorization), along with a specially endorsed Form I-20 from their DSO.
* **Can an F-1 student work off-campus without USCIS approval?**
  + No, off-campus employment requires USCIS approval unless it’s a specific situation like Curricular Practical Training (CPT) or Optional Practical Training (OPT).
* **What happens after USCIS approves an F-1 student’s off-campus employment application?**
  + USCIS will issue a Form I-766 (Employment Authorization Document) and update the student’s SEVIS record.
* **Can an F-1 student work during the 60-day grace period after completing their program?**
  + No, F-1 students are not allowed to work during the 60-day grace period unless they are applying for Post-Completion OPT.
* **Can an F-1 student apply for off-campus employment if they are experiencing economic hardship due to a change in their financial support?**
  + Yes, if the student can show that unexpected changes in their financial support have caused significant hardship, they may be eligible for off-campus employment.
* **Can an F-1 student work on-campus after completing their course of study?**
  + No, an F-1 student cannot engage in on-campus employment after completing their course of study, except for practical training authorized
* **Can an F-1 student work off-campus before completing one full academic year?**
  + No, an F-1 student must complete one full academic year before being eligible for off-campus employment.
* **What is the procedure for requesting off-campus work authorization due to severe economic hardship?**
  + The student must request a recommendation from the DSO, who will certify eligibility in SEVIS. The student will then apply to USCIS using Form I-765, along with supporting documentation outlining the unforeseen financial hardship.
* **What types of unforeseen circumstances can lead to severe economic hardship for F-1 students?**
  + Severe economic hardship may arise from situations such as loss of financial aid, significant fluctuations in currency exchange rates, unexpected medical expenses, or changes in the financial condition of the student's source of support.
* **How long is the work authorization for off-campus employment granted due to severe economic hardship?**
  + Work authorization is granted in one-year intervals, and it is renewable if the student continues to maintain status and good academic standing.
* **Can an F-1 student engage in off-campus employment after transferring schools?**
  + No, employment authorization is specific to the school listed on the student's SEVIS record. The student must obtain new authorization if transferring.
* **Is it possible to appeal a denial of off-campus employment authorization for severe economic hardship?**
  + No, there is no appeal process for a denial of off-campus employment authorization based on severe economic hardship.
* **How can an F-1 student apply for employment authorization to work with an international organization?**
  + The student must submit a request to USCIS, including a written certification from the international organization confirming the proposed employment's scope, along with Form I-20 and Form I-765.
* **Can an F-1 student qualify for a 24-month STEM OPT extension?**
  + Yes, if the student holds a degree in a qualifying STEM field and meets other eligibility requirements, they may apply for a 24-month extension of their post-completion OPT.
* **How many STEM OPT extensions can an F-1 student receive?**
  + An F-1 student is eligible for two lifetime STEM OPT extensions, one after the first qualifying STEM degree and one after a higher degree
* **What is required for a student to apply for a STEM OPT extension?**
  + The student must have completed a degree from an accredited U.S. institution in a STEM field, as defined by the Department of Homeland Security (DHS), and meet all other eligibility criteria.
* **Is an F-1 student in an English language training program eligible for practical training?**
  + No, students in English language training programs are not eligible for practical training.
* **Can an F-1 student begin OPT before receiving their employment authorization document (EAD)**
  + No, an F-1 student must wait until their EAD is issued by USCIS before starting any OPT employment.
* **What happens to an F-1 student's OPT authorization if they transfer to another school?**
  + OPT authorization is automatically terminated if the student transfers to another school or begins studying at a different educational level.
* **Can an F-1 student work on-campus more than 20 hours per week during a holiday or school vacation?**
  + Yes, the 20-hour limit applies only during school sessions. Students can work full-time during holidays or school vacations.
* **Can an F-1 student who has not yet started classes work on-campus?**
  + No, an F-1 student may not begin on-campus employment more than 30 days before the actual start of their classes.
* **What is the impact of failing to maintain status on work authorization?**
  + If an F-1 student fails to maintain their status, their employment authorization (on-campus or off-campus) is automatically terminated.
* **What documentation is needed when applying for off-campus work authorization due to severe economic hardship?**
  + The student needs to submit Form I-765, supporting affidavits detailing the unforeseen circumstances, and the Form I-20 with the DSO’s recommendation.
* **Can an F-1 student work off-campus without authorization?**
  + No, all off-campus employment must be authorized by the DSO and USCIS. Unauthorized employment can lead to serious consequences, including the loss of F-1 status.
* **Can an F-1 student apply for practical training if they are only enrolled part-time?**
  + No, F-1 students must maintain a full course of study to be eligible for practical training, either curricular or optional.
* **Is an F-1 student eligible for practical training after completing their course of study?**
  + Yes, F-1 students are eligible for optional practical training after completing their course of study, as long as they apply within the specified timeline.

**Steps to apply for OPT at SU**

* **What is the first step in the OPT application process?**
  + The first step is to complete the OPT Canvas course. This course helps you understand the process and ensures you're prepared for the next steps.
* **What must I submit if I am applying for post-completion OPT?**
  + If you're applying for post-completion OPT, you must submit the **Last Term Statement** to report your last term in SEVIS. This is necessary for initiating the OPT application process.
* **What is the OPT Request Form and why is it important?**
  + The OPT Request Form is a document you need to complete as part of your OPT application. It provides important details about your request, and it must be submitted before proceeding with your USCIS application.
* **Do I need to create a USCIS portal account for my OPT application?**
  + Yes, you need to create a USCIS portal account to begin filling out the I-765 form and upload all required supporting documents for your OPT application.
* **What will I need to do during my OPT appointment with an immigration advisor?**
  + During your OPT appointment, you will review all forms and information with your immigration advisor. The advisor will help ensure everything is in order and make necessary changes before you submit your application.
* **Can I submit my OPT application directly to USCIS after my appointment?**
  + No, before submitting your application to USCIS, your immigration advisor will review it with you and help you make any necessary corrections. Once everything is finalized, you can submit the application.
* **What is the purpose of the OPT appointment?**
  + The purpose of the OPT appointment is to review all your forms and information, address any questions you might have, and ensure everything is correct before submitting your application to USCIS.
* **How long does it take for USCIS to process my OPT application?**
  + It typically takes about 2-3 months for USCIS to process your OPT application.
* **Can I stay in the U.S. while my OPT application is being processed?**
  + Yes, you can legally remain in the U.S. while USCIS processes your OPT application, even beyond your 60-day grace period.
* **Is there a grace period after completing my course of study for applying for OPT?**
  + Yes, after completing your course of study, you have a 60-day grace period to apply for OPT. However, during the OPT application process, you can stay in the U.S. beyond this grace period as long as your application is pending.
* **What should I do if I want to travel outside the U.S. while my OPT application is being processed?**
  + If you intend to travel outside the U.S. during the processing of your OPT application, you should contact your immigration advisor to discuss your plans and seek advice
  + If you are considering applying for Optional Practical Training, you should discuss any travel plans outside of the United States with the International Student Center well in advance of the completion of your degree requirements.
* **Traveling out of the US while in the application process?**
  + Travel outside of the United States while in the application process
  + If you have applied for OPT, but are still enrolled in classes at Seattle University, you should not encounter problems at the port of entry.
  + If you have completed all degree requirements and have applied for OPT, you may be able to travel outside the U.S. while your application is pending. Generally speaking, it is not advisable to travel after the first 30 days of the application process. If you choose to travel, be sure to bring any supporting documents with you, including your I-20 showing your OPT is "pending" and your receipt notice if possible. Once your application has been approved, you can re-enter the country only to “resume employment.”
* **Travel outside of the United States while approved for Post-Completion OPT**
  + There is always a certain degree of risk involved when you leave the United States during your OPT time. Regulations now state re-entry during OPT is only to “resume employment”. That means that you must have the job before you leave. Your job must also be relevant to your major, and there are cases of students being denied entry back into the U.S. because their job does not match their educational level and/or major.
  + Please note the EAD card states “Not valid for re-entry to U.S.” This means that the EAD card alone will not allow you back into the United States. You must have other documents to ensure your return to the U.S., including but not limited to:
    - Valid Passport
    - Valid F-1 Visa
    - I-20 with practical training endorsement, employment info, and current travel signature on page 2
    - Employment Authorization Document (EAD) card
    - Proof of employment and continuing employment\*
  + Students returning from 30 days or less in Canada or Mexico will need the same documents, with the exception of a valid F-1 Visa stamp. You should be able to return to the United States from Canada, Mexico, and some Caribbean islands with an expired F-1 Visa. If your F-1 Visa has expired and you wish to travel outside of North America, you will need to have your F-1 Visa renewed before returning to the United States.
  + It is not advised to travel during Post-OPT unless you are employed, and there is no question that your job matches your degree and educational level.
  + This is a general summary of travel and practical training. If you have specific questions about travel restrictions during your OPT time, please contact the International Student Center at (206) 296-6260 or email at isc@seattleu.edu for more information.
    - \*It is recommended that you bring adequate proof that you are employed to present upon your return to the United States. Proof may include a letter from your employer (on letterhead) that you will have a job when you return, and/or stubs from your paychecks to show that you have been working.
* **When should I follow up with my immigration advisor after receiving employment?**
  + After obtaining employment, you should follow up with your immigration advisor to receive an updated Form I-20 reflecting your employment information.
* **How do I schedule my OPT appointment with my immigration advisor?**
  + You can schedule your OPT appointment by emailing your immigration advisor or contacting the ISC at **isc@seattleu.edu**.
* **Will I need to share my screen during the OPT appointment with my immigration advisor?**
  + Yes, you should be prepared to share your screen during the OPT appointment so your advisor can review the OPT Request Form and other documents with you.
* **What happens if I forget to submit the Last Term Statement?**
  + If you forget to submit the Last Term Statement, the ISC will not be able to report your last term in SEVIS, which is required to initiate the OPT application process.
* **What forms do I need to upload to the USCIS portal for my OPT application?**
  + You need to upload the completed I-765 form along with supporting documents, which may include your Form I-20, passport, visa, and other required paperwork.
* **Can I start working as soon as I submit my OPT application?**
  + No, you must wait until you receive your Employment Authorization Document (EAD) from USCIS before you can begin working.
* **How will I know when my OPT application is approved?**
  + USCIS will notify you of the decision once they have processed your OPT application. If your application is approved, they will send you an EAD card, which allows you to begin working.
* **Do I need to update my Form I-20 after I find a job while on OPT?**
  + Yes, once you obtain employment, you must follow up with your immigration advisor to update your Form I-20 with the details of your employment.

**OPT FAQ**

* ***What kind of visa will I be on while I am doing my practical training?***

Students remain on their F-1 Visa while they are doing their Optional Practical Training. There is no such thing as a “practical training Visa” or “OPT Visa.”

* ***Do I need to have a job offer before applying for practical training?***

No. Many students apply for Post-Completion Optional Practical Training before they have actually received a job offer. However, it is important to start looking for work opportunities as early as possible since it usually takes longer to find a position than students expect.

* ***Can I divide up my practical training to do part now, and part later?***

Some students want to do part-time Pre-Completion Optional Practical Training (Pre-OPT) for a few quarters while they are still taking classes full-time, then use the remainder of their training full-time after they graduate (Post-OPT). Others use full-time practical training to work for three months during their summer vacation. Dividing up practical training in this way is allowed, to a maximum of 12 months full-time, however, each period of training requires a separate application along with the $410 fee (subject to change by USCIS). *You cannot divide your time for Post-Completion.*

* ***Even though I’ve completed my degree, I would like to continue to take a few classes while I am on Post-Completion Practical Training. Is that allowed?***

Maybe. You may be able to take courses that are incidental, non-matriculating classes on a part-time basis. Please check with the ISC before you make any decisions on study during your Post-Completion Practical Training period.

* ***I recently received my EAD card, but I would like to cancel it and save my practical training for later. Is this possible?***

No. Once the EAD card has been issued, there is no way to cancel it.

* ***When must I leave the United States after completing my practical training?***

You have 60 days after the end date on your EAD card to leave the country, start a new academic program, or remain in the U.S. with a pending change of status. You cannot work during the 60 day grace period. You are free to travel within the United States, but you should not expect to be able to return to the U.S. with your EAD card and I-20, if you leave the country during these two months.

* ***I applied for a year of practical training, but I never ended up working. Am I eligible to apply again?***

Probably not. There is a 90-day rule that states you must report an activity (paid or unpaid) within the first 90 days of your start date for your practical training. If you do not report an activity, SEVIS will automatically complete your record. If you do find work during your OPT, you will be eligible to apply for another 12 months of work authorization *only* if you change your degree level, i.e. Bachelor to Master’s or Master’s to Doctorate.

* ***Is there a deadline for the application?***

If you are applying for Post-Completion, the application must be *received* by the USCIS Phoenix Lockbox *before or within*the 60 days after your I-20 end date.

* ***What is this I hear about the 90-day cancellation?***

You may have heard that your OPT is only valid for 90 days. There is a 90-day rule that states you must find an activity within the first 90 days of your approved start date. If you fail to report your employment before the 90 days, SEVIS will automatically terminate your record. The employment activity must meet the following requirements:

1. Be directly related to your major and appropriate for your degree level
2. Be a minimum of 20 hours per week
3. You must report the activity to the ISC so an advisor can update your SEVIS record

* ***Can I have multiple jobs under OPT?***

Yes! When you apply for OPT you do not need to have a job, so that information can always be added in later. Please remember that current regulations require that you report any activity that you are engaged in (paid or unpaid) during your period of OPT. This includes any time you change jobs, or if you quit or are fired. Failure to report this could jeopardize any period of OPT in the future. It is possible to report more than one activity in SEVIS at a given time.

* ***Do I have to report to Seattle University during my OPT?***

Yes, please email your ISC advisor or [isc@seattleu.edu](mailto:isc@seattleu.edu)! You are still under F-1 student status, and your I-20 and SEVIS record will still be through Seattle University. By emailing your advisor with the below information, it will allow them to create an updated I-20 with your employment information. Therefore, it is important you update the ISC regularly during your OPT, especially if you find a new job or if there are any changes to the below information. Email your advisor with the answers to the following questions:

* Explain how employment is related to your course of study:
* Employer Name:
* Job Title:
* Number of hours per week:
* Start Date:
* End Date (if known):
* Employer Physical Address:
* Supervisor Last Name:
* Supervisor First Name:
* Supervisor Telephone Number OR Email Address:
* Current U.S. Physical Address:

* ***What if I want to stay in the United States and work after my year of practical training?***

As of April 8, 2008 certain majors may extend their OPT. Currently, it only applies to Science, Technology, Engineering and Mathematics (STEM) degrees. If you have found an employer who will sponsor you for an H-1B Visa, it is also possible that you may continue working the year you submit your application. If your H-1B is filed during the grace period following OPT, you may remain in the US until the decision of your application. If your H-1B is pending while on OPT, you may continue working up until the H-1B start on October 1st or until you receive notice of the H-1B denial.