Employment for F-1 Students

There are limited opportunities for F-1 students to work while studying. Please review the information below and request employment permission as outlined.

On-Campus Employment

To be eligible for on-campus employment, you must be enrolled in a full course of study and remain enrolled full-time.

[1]
Curricular Practical Training

Curricular Practical Training (CPT) is an employment option available to F-1 students when the practical training employment is considered to be an integral part of the curriculum or academic program.
Optional Practical Training

Optional Practical Training (OPT) provides an opportunity to apply knowledge gained in the classroom to a practical work experience.

[3]
Employment with an International Organization

This F-1 employment benefit allows full-time enrolled F-1 students in good academic standing to work for recognized international organizations, within the meaning of the International Organization Immunities Act.

[4]
Economic Hardship Employment

In some instances, a student who is able to prove severe economic hardship caused by circumstances beyond their control, which arose after obtaining the F-1 students status, may be eligible for permission to work off-campus.

[5]
Volunteering & Legal Employment

In many cases volunteering will violate U.S. labor laws and potentially be seen as a violation of F immigration status. Learn more about the differences between volunteering and legal employment here.

Source URL: https://oiss.yale.edu/employment-taxes/employment-for-international-students/employment-for-f-1-students

Links
[1] https://oiss.yale.edu/immigration/f-1-students/employment/f-1-on-campus-employment
[3] https://oiss.yale.edu/immigration/f-1-students/employment/f-1optional-practical-training