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.

[2]
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