

After H-1B

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After H-1B

The H-1B has a limited duration of a six year cumulative total time. For those who might want or need to stay longer than this it is important to communicate with your [OISS adviser](#) [1] at least a year in advance. Please review the following points and speak to your [OISS adviser](#) [1].

Reclaiming H-1B Time

If during your H-1B stay in the U.S. you have taken vacation or business trips outside of the U.S., you may be able to “reclaim” this time in the form of an H-1B extension application through OISS.

Restarting the H-1B Time Period

If you have H-1B status but then leave, and live outside the U.S. for 12 months or more, you can apply to return to the U.S. in a new H-1B status that includes a new six year maximum.

Extending H1-B Beyond Six Years

There is a legal provision that allows some people to extend their H-1B beyond six years, as long as they have submitted a non-frivolous application for Legal Permanent resident status (LPR/ green card) at least one year prior to the end of the H-1B. Please speak to your immigration attorney and your [OISS adviser](#) [1] about this option.

Changing to Other Visas

Normally the only visa option is the O-1. Many people do not qualify for the O-1 since it requires a [very high standard of achievement](#). [2]

Legal Permanent Residency (LPR)

If it is your desire to apply for LPR status you need to plan several years in advance. Some scholars/employees will qualify for Yale's LPR sponsorship. In your 4th year of H-1B status you should ask [Uma Shankar](#) [3] in OISS to [evaluate whether or not you qualify](#). [4] If you don't qualify for Yale sponsorship, you should ask an immigration attorney about a [Self Sponsored application](#) [5].

Source URL: <https://oiss.yale.edu/immigration/h-1b-temporary-worker/maintaining-legal-status/after-h-1b>

Links

[1] <https://oiss.yale.edu/about/connect-with-oiss> [2] <https://oiss.yale.edu/immigration/o-1-extraordinary-ability-overview> [3] [mailto:uma.shankar@yale.edu](#) [4] <https://secure.its.yale.edu/cas/login?service=http%3A%2F%2Foiss.yale.edu%2Fimmigration%2Fus-permanent-residence%2Feb-1-outstanding-professor-researcher> [5] <https://oiss.yale.edu/immigration/us-permanent-residence/self-sponsored-employment-based-legal-permanent-residency>
