If you are an F-1 student graduating this May and planning to work in the U.S. this summer, there is still time to submit your application for OPT (Optional Practical Training) [1]!

Please note that you must be physically present in the U.S. to apply for OPT and you do not need a job to apply for OPT.

Here are a few resources to get you started:

- **Watch our new video introduction** [2]: Watch our newly released video for a brief overview of OPT (embedded below or on our Youtube page.)
- **Review our website** [3]: You will find detailed information on eligibility, the application timeline, and process on our F-1 OPT page.
- **Watch a recording of one of our recent OISS OPT workshops**: [4] OISS held several OPT workshops this spring to answer questions and to help get you started on the OPT application process.

As it can take 90 days or more for USCIS to approve OPT, it is important to **apply as early as possible** [5]:

- **Are you graduating this May?** Apply as soon as possible.
- **Are you a continuing student?** You will apply for pre-completion OPT and you can apply as early as 90 days before your requested employment start date.

Get started now!