F-1 Optional Practical Training (OPT)

**F-1 Optional Practical Training (OPT) [1]**

**Duration:**
12-month maximum

**Processing Information:**
- Process is undertaken by the individual and requires no involvement from OISS or the hiring department.
- USCIS processing of OPT applications can take up to 90 days.

**Use at Yale:**
- Assistant Professor
- Postdoctoral Associate
- Postdoctoral Fellow
- Postgraduate Associate
- Postgraduate Fellow
- Lecturer
- Lector
- Staff (M&P) Position (if approved for sponsorship)
- C&T Position (if approved for sponsorship)

**Considerations:**
- For those in F-1 status who have completed study in the U.S. and have received authorization from USCIS to work in a field related to their field of study.
- Yale employees can use this category to initiate employment or for positions that are shorter than than the duration of F-1 OPT (12 months).
- Visa sponsorship beyond the duration of F-1 OPT is allowed only if it is a faculty or research position.
- Must consult with OISS about plans for Yale employment beyond OPT, such as STEM OPT or another visa type.

Hiring Student Visa Holders [1]

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**Source URL:** https://oiss.yale.edu/position-title/f-1-optional-practical-training-opt

**Links**
[1] https://oiss.yale.edu/for-departments/hiring-international-students