

Curricular Practical Training (CPT) for F-1 Students

Curricular Practical Training (CPT) is for a work experience that is “an integral part of a required curriculum.” [8CFR §214.2(f)(10)(i)]. Internships, practicums, co-ops or other work experiences for which you will receive academic credit will qualify.

Am I eligible?

You must be in legal F-1 status for at least nine months in order to be eligible.

How do I find an internship?

Contact the Career Education Office (CEO) at 410.337.6191 to make an appointment and/or visit the website at www.goucher.edu/career-education-office/.

How much can I work while on CPT?

You may work 20 hours per week or less while school is in session, and full-time during breaks (winter, spring and summer). Please keep in mind that this total includes all employment, so if you also work on campus you will need to limit your both jobs together to 20 hours.

You are not limited to the length of time that you may work while on CPT, as long as you meet the requirements. However, if you accrue 12 months of full-time CPT, you will lose eligibility for OPT.

How do I obtain permission?

You will need to complete the process to apply for academic credit through the Career Education Office. Please visit <https://www.goucher.edu/career-education-office/for-students/internships/> to learn about the steps needed to have the internship approved. Once all the appropriate approvals are submitted, you will receive a confirmation email from the Registrar which verifies that you have been enrolled in an internship course and will receive academic credit. You will also receive a welcome message from the CEO and a copy of the Internship Learning Agreement (ILA), which includes all of the information necessary to authorize the specific experience. Share the ILA with the Associate Director of International Students who will give the authorization on your Form I-20. Student must obtain written permission for this type of employment before working.