International Students:
Tips for Finding a Co-op or Internship

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Why Co-op?

- Co-op is an opportunity to obtain significant work experience as an entry-level Engineer
- ECCS will guide you through the process of finding a Co-op
- ECCS will provide support if you have any difficulty on the job
- Co-op counts as Curricular Practical Training (CPT)
Strategies for Success

- Keep in mind cultural differences
  - Promoting Yourself: Interviewing, Networking
  - Don’t include personal information (photo, birthdate) on your resume

- Market your International Experience
  - Languages, ability to interact with a variety of people, willingness to try something new

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Who Hires International Students?

- Varies by industry
- Co-op employers that have recruited International students
- Employers that have applied for H-1B visas - If they hire for full-time, they probably hire interns & Co-ops
  - [www.H1visajobs.com](http://www.H1visajobs.com) – Obtain a password for this secure site from ECCS

Keep in mind that you will develop transferable skills & gain relevant experience in any industry!
Additional Resources

Donna Ramil, Cornell Career Services
203 Barnes Hall
Call 255-6933 for an appointment

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Work Authorization: The Details

- Are you eligible to work in the U.S.?
  Check Yes. You are eligible provided that the employer sponsors a visa or you use CPT or OPT.

- Options on CareerNet
  If you are eligible to apply, a submit button will be available. Otherwise, you may write to the recruiter or ask to be considered at the Co-op networking events.

- Disclosing Citizenship
  Do not list citizenship on your resume. You do not have to tell employers where you hold citizenship. You only need to respond truthfully when asked if you meet their requirements for work authorization.

- Submit CPT forms to ISSO

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F1 Curricular Practical Training (CPT)

- You must be receiving academic credit in an internship course or other course, such as independent study; or the work must be a required part of degree or Co-op program.

- You may only use CPT BEFORE graduation, while still in your degree program.

- Your total amount of CPT should be less than 12 months of full time, or you will lose your eligibility for post-graduation Optional Practical Training (OPT).
CPT Application Procedures

- Obtain ECCS Co-op approval form.
- Download or pick up CPT application packet from the ISSO www.isso.cornell.edu/immigration/f1/curricular.php
- Bring to ISSO:
  - Completed Co-op form, signed by ECCS
  - Employment Offer letter, which must include:
    - the exact beginning and end dates of employment
    - the duties of your job
    - the name and contact information of your supervisor
CPT Application

- An ISSO Advisor will issue you a new I-20 with work authorization on page 3.

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CPT Application Procedures

- When you start work, employer will need to complete an “I-9”
- On your first day of work, you should bring:
  - Passport with the I-94 card
  - I-20 with CPT authorization on page 3
- Work authorization questions?
  - Come to the ISSO, email us at isso@cornell.edu, or visit: www.isso.cornell.edu/immigration/f1/curricular.php

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Visa Options After Graduation

- Before you graduate, be sure to attend the workshop entitled “Visas After Graduation” which is held by the ISSO twice every year (in October and February)—more info available at:
  http://www.isso.cornell.edu/immigration/visasaftergrad/vagworkshop.php

- After graduation, F-1 students are eligible for 12 months of Optional Practical Training or “OPT” work authorization in your field of study
Visa Options After Graduation

- Additionally, for students with Engineering degrees, you might be able to get a one time 17 month extension of this “OPT” after your first 12 months

- More information and the details on OPT and the 17 month extension are available here:
  
  http://www.isso.cornell.edu/immigration/f1/opta.php

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Visa Options After Graduation

- After you complete your F-1 OPT period, most students will go on to an H1-B visa. Read more about H1B visas here:

- For Canadians and Mexicans, there is another visa option available after OPT -- the TN visa:
Visa Options After Graduation

- As you approach your graduation date, do be sure to discuss your Visa Options with an advisor at the ISSO:
  
  ISSO advising hours: Monday, Tuesday, Thursday & Friday: 9-12 & 1-4:30; and Wednesday 1-4:30

- **AND** be sure to come to a “Visas After Graduation” workshop”:
  
A Student Perspective

- Speak with international students who have participated in Co-op.
  Ask:
  - How did you benefit from using Career Services?
  - How did you benefit from Co-op?
  - What tips do you have for other International Students?

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