

Working with Berkeley International Office's F-1 and J-1 Students

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Who are these international students?

Berkeley International Office offers support to **F-1 and J-1 students** and their dependents. However, we welcome all UC Berkeley students to join our events and apply for leadership positions.

Just like US domestic students, international students come to UC Berkeley from diverse and rich backgrounds, ranging from **native English language proficiency** to **varying degrees of English language proficiency**. Some are **multilingual**, while others are not. A number of our international students have had extensive experience with the US education system as it pertains to high schools and post-secondary schools within the US as well as American schools outside the US.

Understanding F-1 and J-1 Student Employment Restrictions & Considerations

While it's impossible to assume whether a student is in F-1 or J-1 status, it can be useful to know what to consider when a student does disclose one of these statuses and is asking for career or employment advice from you.

CPT

internationaloffice.berkeley.edu/students/current/f-1/curricular_practical_training

F-1 students are sometimes eligible for curricular practical training or CPT. Students will need a department adviser (undergraduates) or a faculty adviser (graduates) to complete and sign a portion of the CPT request form. Students requesting CPT must either be satisfying a degree requirement (limited to a few qualifying graduate programs) or be enrolled in a CPT-eligible course. In most cases, students need a faculty sponsor for independent study, internship, or field studies and must also obtain a Course Control Number (CCN) from the department that offers the eligible course.

OPT

internationaloffice.berkeley.edu/students/training/f-1

Optional practical training, or OPT, is employment authorization for F-1 students who have completed all coursework for their academic program. OPT is recommended by BIO and authorized by United States Citizenship and Immigration Services (USCIS) based on student's petition for benefits. Students on OPT can work either on- or off-campus.

US Employer's Guide to Hiring UC Berkeley International Students:
career.berkeley.edu/sites/default/files/pdf/hiringintl.pdf

What are some of the financial struggles F-1 or J-1 students might experience?

You may have heard that international students pay the non-resident tuition. However, the more significant financial need may be due to financial aid limitations, including ineligibility for federal loans and federal Work Study employment on campus.

Aside from the financial worries that domestic students experience, international students must also take into account changes in political climates back home as well as currency fluctuations.

Berkeley International Office offers financial aid resources just for F-1 and J-1 students

Financial Aid for International Students:
internationaloffice.berkeley.edu/aid