

CURRICULAR PRACTICAL TRAINING INFORMATION FOR F-1 STUDENTS

An F-1 student may be authorized by International Student Services office to participate in Curricular Practical Training (CPT) that is an integral and required part of an established curriculum. CPT is alternative work/ study, internship, cooperative education, or any other type of required internship or practicum.

Am I Eligible?—all of the following criteria need to be met:

- I am a current PLU student at the time of application.
- I am maintaining F-1 student status and academic standing at the time of application.
- I have been lawfully enrolled on a full-time basis for one academic year at a DHS-approved school. *(An exception to this rule exists for graduate students whose program requires practical training in the first year of study).*

Is the Training Eligible? —all of the following criteria need to be met:

- The training is directly related to major area of study.
- The training is **required** for graduation.
- The training is limited to no more than twenty hours a week during Fall and Spring semester OR at a full-time rate during Summer term or official university breaks.

What if the training isn't eligible? If CPT isn't an option, you can see if Pre-Completion OPT is a good option for you.

Application Procedure:

1. Find an internship or offer of employment related to the field of study and receive a letter (or email offer) from the prospective employer indicating the job title, dates of employment, number of hours of work per week, place of employment, and a brief description of the work. Curricular Practical Training Employer Letter Template is available on ISS website, under “Documents and Forms”
2. Make an appointment with an advisor in your major field of study to discuss the training and show the offer letter. They will help determine if the experience is appropriate for a required course in your major.
3. Download the Curricular Practical Training Certification Form on the ISS website under “Documents and Forms.” Have the course instructor or your faculty advisor sign the form.
4. Make an appointment with ISS staff. To make an appointment, email iss@plu.edu or call (253) 535-7264. To the appointment, bring the CPT employer letter and CPT certification form.

If a student qualifies for CPT, ISS staff will update the SEVIS record with the CPT authorization, endorse the I-20 for part-time (or full-time) Curricular Practical Training authorized for (employer) at (location) from (date) to (date), and return the I-20 to the student.

When the student receives the I-20 endorsed for CPT, the student may begin working from the designated start date. Be sure to comply with the restrictions on your employment as stipulated in the endorsement on the I-20. The endorsed I-20 may be presented to the employer as evidence of eligibility to work.

Caution!

Students who are authorized for one year or more of full-time Curricular Practical Training lose their eligibility for Optional Practical Training after graduation.

Last updated on: September 21, 2026