Curricular Practical Training (CPT) Information

Curricular Practical Training (CPT) is defined as employment which is an “integral part of an established curriculum, including: alternate work/study, internship, cooperative education, or any other type of required internship or practicum which is offered by sponsoring employers through cooperative agreements with the school.” *Source: 8 CFR 214.2(f)(10)(i)*

As per federal regulations, CPT is a benefit extended to F-1 students only, and does require an offer letter prior to authorization. CPT can only be granted after a student has been lawfully enrolled on a full-time basis for one academic year (i.e. two full consecutive semesters). Exceptions to this can only be made for graduate students in a program which *requires* immediate practical training.

CPT may be full-time (more than 20 hours/week) or part-time (20 hours/week or less). Use of 12 months or more of full-time CPT will prohibit the student from applying for OPT. Use of part-time CPT does not affect OPT eligibility.

Additional guidelines for CPT eligibility are listed in My OIS ([my.ois.pitt.edu](http://my.ois.pitt.edu)). After you have reviewed the CPT guidelines in My OIS, contact your Immigration Specialist to discuss additional questions.