Did you know that employment authorization to allow international students to work in the U.S. is regulated by law? International students on F-1 and J-1 visas may only work on or off campus within the employment rules authorized by their visa.

**On Campus Work**

International students with F-1 visas may work on campus up to 20 hours per week during the academic term.

During a student's vacation term, international students may work more than 20 hours per week. However, international students graduating in summer or in a program requiring summer enrollment, are not considered to be in a vacation term and must restrict on campus employment to 20 hours per week.

**Please Note:** J-1 visa holders must obtain written authorization from UConn’s International Student & Scholar Services (ISSS) prior to working on campus.

**Students who work on-campus more than 20 hours per week during the academic term, or who work off-campus without authorization may be in violation of their visa status.**

**Off Campus Work**

International students may not work off campus in any capacity without special authorization, including:

- An Employment Authorization Document permitting work for students with unexpected economic hardship

- A job or internship authorized by ISSS and U.S. Citizenship and Immigration Services for Optional Practical Training (OPT). OPT is for work directly related to the field of study and may be granted during and after a student's academic program.

- An internship authorized by ISSS for Curricular Practical Training (CPT). CPT is for work that is part of the student's academic curriculum, e.g. an internship that meets a course requirement or degree requirement.
Other Situations Requiring OPT or CPT Authorization

Unpaid internships, clinical placements and practicum courses
When starting a business or participating in UConn entrepreneurial programs

Related Resources

ISSS website  CPT Information  OPT Information

TEST YOUR KNOWLEDGE

Now that you've engaged with these resources, be sure to take our "test your knowledge" challenge by clicking below.

START NOW