To register and submit questions, click the dates offered below:

**Optional Practical Training** is a benefit of F-1 status that permits temporary employment for practical training directly related to the student’s major area of study - usually used upon graduation.

**STEM Optional Practical Training** is a benefit of F-1 status that allows a 24-month extension of post-completion OPT for a science, technology, engineering, or mathematics (STEM) degree.

**Curricular Practical Training** is a benefit of F-1 status that permits off-campus training that is physically located in the U.S. and is closely and integrally related to, and takes place during, the student’s program of study.

**Academic Training** is a benefit of J-1 student status that allows for training, paid or unpaid, in a position that is directly related to the student’s program of study and may be used during and after a student’s academic program. This session is for degree-seeking and exchange students in J-1 status.

- **February 7th, 12 - 1 PM**
- **February 16th, 12 - 1 PM**
  - reserved for PhD students
- **February 21st, 4 - 5 PM**
- **March 15th, 12 - 1 PM**
- **March 27th, 4 - 5 PM**
- **April 10th, 12 - 1 PM**
- **March 6th, 4 - 5 PM**
- **May 22nd, 4 - 5 PM**
- **February 28th, 12 - 1PM**
- **February 1st, 4 - 5 PM**