



Claremont Graduate University
Career & Professional Development

Conversations About the Future



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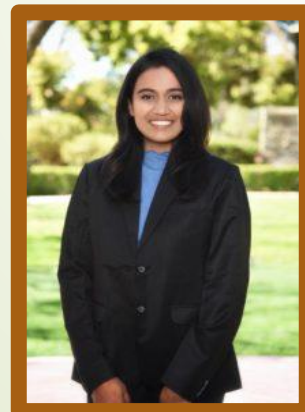
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Kaajal Sheth

Master of Public Health, Applied Biostatistics and Epidemiology, 2023
Doctor of Philosophy, Health Promotion Sciences, 2025
Current CPT: Parents Anonymous Inc

With a background in Nutrition, Kaajal has experience working in the field of Nutrition and Diabetes education. She is currently working on multiple research projects in Diabetes and Adverse Childhood Experiences (ACEs). She currently works as a Senior Research Associate at Parents Anonymous® to study ACEs and resiliency in parents.

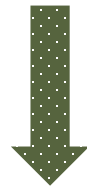
She is also involved with Community Translational Research Institute on their project 'Prevention and Remediation of ACEs and Toxic Stress' with Dr. Andy Johnson. Her professional and research goals are to have an overall impact on the health, wellbeing, and self-efficacy of an individual as well as the population.

Your Future | Your Journey

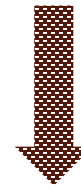
Where do you see yourself?



18 Months



3 Years



5 Years



9 Years



Discussion Questions

What goal brought you to CGU to pursue a graduate degree abroad?

Has this goal changed at all?

What steps do you want to take now to make your goal happen?



**Working in the
United States**

Work Authorization Terminology

On-Campus | Student employment opportunities

CPT | Curricular Practical Training | Learn practical skills in field of study

OPT | Optional Practical Training | Hands-on work experience in field of study

STEM OPT | 24-month OPT extension for STEM designated programs



GENERAL OVERVIEW OF JOB APPLICATIONS

- Application materials prepared (Resume/Cover letter) – US templates
- Applying to jobs (jobs sites and networking)
- Responses within a few weeks or after deadlines
- Follow up within 2 weeks of application
- Interview
- Thank-you letters
- Expected time of responses
- Appropriate responses and professional etiquette

Employment Options F-1



On-Campus Part-time



**Practical Training (CPT /
OPT)**



Economic Hardship

Student Eligibility



CGU Satisfactory Academic Progress



Active SEVIS Record



One academic year completed of full-time study at an F-1 school



Established Curriculum (CPT)



Related to field of study (OPT)

Curricular Practical Training (CPT)



Milestone: A program that requires an internship, practicum or field placement, or includes practical experience or teaching experience as a graduation milestone



Course: 1-4 unit course offered by the university & counts towards degree requirements



Dissertation: CPT is integral to the completion of dissertation or thesis

CPT Details

Occurs before
program end date

Authorized by your
DSO upon
department
approval

Is an integral part of
the academic
program's
established
curriculum

Can be full-time
(more than 20
hours) or part-
time (20 hours or
less)

Can be paid,
unpaid or volunteer

Requires an offer
letter from employer

Where to Begin (CPT)



Meet with your academic advisor to discuss your established curriculum and possibility of participation in off-campus internship/employment.



Discuss offer of employment with academic advisor and request approval for CPT authorization request.



Meet with SLDL International Advisor to request CPT authorization or email documents to international@cgu.edu.



Optional
Practical
Training (OPT)

**Directly related to the
student's discipline of
study at CGU**

**Appropriate to the
degree level attained**

OPT Details

Often occurs after student program end date

Application through USCIS with recommendation from DSO

Related to field of study

Is full-time if post-completion

Can be paid or unpaid

Employment offer not required to apply

Where to Begin (OPT)

Confirm	Confirm expected program completion term with academic advisor
Meet	Meet with SLDL International Advisor to request OPT recommendation I-20 or email request of I-20 to international@cgu.edu .
Ask	Ask SLDL International Advisors about the OPT application window range of dates for your graduation term or attend an OPT workshop in given term

Common Questions

What is the maximum amount of work students can do?

Curricular Practical Training

Limited to authorization on the I-20

Varies based on course or milestone requirements

Cannot delay time to degree completion

Optional Practical Training

12 months per degree level + STEM extension in some cases

No stated upper limit per week, employer must follow labor laws

Common Questions

Can I do CPT and work on-campus?



Yes, if:

You only work with authorization

Full-time enrollment is maintained each fall/spring

No employment delays time to degree completion



No, when:

You cannot succeed in full-time courses

Degree completion is delayed for work

Addressing Sponsorship with Employers

Questions to begin conversations

- Has your company sponsored candidates before?
- Will I be expected to cover any of the processing fees for the H-1B visa?
- Will your company hire a lawyer to help with the process?
- Will your company help obtain visas for my family members as well?
- Will your company cover my travel expenses?
- Does this position qualify for eventual green card sponsorship?

Finding Employers who Sponsor

- Links for jobs that sponsor
 - **United OPT** (<https://www.unitedopt.com/>)
 - **OPT Nation** (<https://www.optnation.com/>)
 - **Indeed** (<https://www.indeed.com/q-Foreign-Visa-Sponsorship-jobs.html>)
 - **Simply Hired**
(https://www.simplyhired.com/search?q=h1b+visa+sponsorship&job=5hiNYYFHrm4kVRCBP58tbu9U09EGlaluPRJflzf5cq83reGURA_1Q)
 - **Ultimate H1B Sponsor Checker** - [Chrome Web Store \(google.com\)](#)
 - **Work Visa USA: Solution for Work Visa, Student Visa, Visa Jobs and Green Card** (myvisajobs.com)

How to add filters to navigate employers who sponsor

Indeed

Type "Visa Sponsorship" into search bar

**Simply
Hired**

Type "Visa Sponsorship" into search bar

**OPT
Nation**

No filter needed

**United
OPT**

No filter needed

LinkedIn

Avoid if possible

How to add filters to navigate employers who are e-verified

E-Verify: used by employers to confirm employment eligibility for employees

- Allows employers to determine if an applicant has outstanding employment eligibility requirements
- E-Verify Business Search (<https://www.e-verify.gov/about-e-verify/e-verify-data/how-to-find-participating-employers>)

3 Steps for Networking

What to do when you find the right opportunity:

1. **Identify** people in your network who can help (Family, friends, colleagues, alumni)
2. **Reach** out to potential connections to set-up an **informational interview**
3. Make the networking call about them and **keep it positive**
 - If appropriate, ask if they can be of **assistance in applying** for your position

Example:

Hi Kevin,

My name is Jon Doe, and I am a first-year graduate student at CGU studying Economics. I saw that you are a CGU alumnus and work as a manager at ECONWORLD.

I am interested in learning more about your time at ECONWORLD, specifically the impact you're having on your clients.

As someone who is interested in entering this field, I am also interested in any advice and wisdom you may have for someone in my shoes.

I would love to pick your brain!

Other Visa Categories

First Preference EB-1

- Extraordinary Ability: Evidenced by national and international acclaim
- Outstanding Professors and Researchers (PhDs preferred)
- Certain Multi-national Manager or Executive

Second Preference EB-2

- Advanced Degree (MS and above)
- Exceptional Ability

Frequently Asked Questions

- Are my experiences from my previous/home country still relevant to the jobs I am applying to in the US?
- How do I translate my experiences from back home to my current resume/CV?