

CAREER RESOURCES FOR INTERNATIONAL STUDENTS

The information below is focused on assisting all international students with their career development in the U.S. and beyond. Whether you have F-1, J-1 or another visa status, you are strongly encouraged to visit the Office of International Services (OIS) before seeking any form of employment (paid or unpaid) and to remain aware of any applicable restrictions, requirements and deadlines. Regulations change frequently and OIS is the best source for up-to-date information on getting hired. Never accept or engage in paid or unpaid off-campus employment, internships, fellowships or other training without talking to the Oregon State University Office of International Services first. **Learn more about work authorizations, including Curricular Practical Training (CPT), Optional Practical Training (OPT) and Academic Training (AT) on the [Office of International Services](#) website.**

Additionally, the Career Development Center is here to partner with you on topics like resumes, interviewing, apply to grad school, job searching, networking and more.

USING CAREER RESOURCES FOR YOUR JOB SEARCH

1. Learn about the conventions and expectations of **resumes and job applications** by visiting Career Development Center drop-in advising (Monday through Friday, 10 a.m. to 3 p.m. during the school year) or by meeting with your college-specific career advisor via [Handshake](#) to talk about major-specific guidance, career exploration, interviewing, negotiation, job searching in the U.S./globally and more. Also run your resume through Oregon State's online resume reviewer, [Vmock](#).
 2. You can find **job and internship openings** across the U.S. on Handshake. Or check out these other [job searching resources](#) for more tips and job boards where you can look.
 3. **Practice interviewing** at a Speed Mock Interview event (offered frequently by the career center), by doing a practice interview with your career advisor (book on [Handshake](#)) or by using [Standout](#), an interactive video platform.
 4. **Explore Career Paths with [Focus 2](#)**: Don't know what career might be right for you? To help you gain insight, Focus 2 offers free career assessments to explore potential careers, job outlooks, interests, hobbies and your working personality.
 5. **Network on [LinkedIn](#)**: Utilizing this platform is an excellent way to market your professional identity and engage with a rich network of classmates, professors, alumni and employers. [See our networking page](#) for more information.
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5 TIPS FOR INTERNATIONAL STUDENTS FOR A U.S. JOB OR INTERNSHIP SEARCH

1. **Learn the Power of Networking:** Networking helps you to advance your career goals and gives you access to more job opportunities. A network is made up of the people you are connected to. Begin with asking for advice and support from people already in your network. This includes, but is not limited to, friends, family, faculty and academic advisors. They may help you clarify or meet your career goals, support you through challenges, gain new insights that you may not have thought of or connect you with other people who can help you. You may also expand your network and introduce yourself to an employer by asking an employer or OSU alumni for an [informational interview](#). Networking makes a difference!

Learn the difference between U.S. resumes and international CVs. First of all, in the U.S., “CV” refers to a specific, longer length scientifically-focused resume used to apply

2. for research or academic positions. Whereas in many countries, “CV” is synonymous with resume, they mean different things in the U.S. Your resume should be a powerful 1-2 page summary of your skills, work experiences, volunteering, degree, etc. It **should NOT include personal information like marital status, gender, date of birth, etc. or a photograph** –only your contact information and name. The Career Development

Center has a [great resume webpage](#) you can check out. You can also work with a career assistant or the OSU writing center for assistance with tailoring your materials to better align them with the US employment culture.

3. **Get experience outside of academics.** You will find in the U.S. that employers really value well-rounded students with experience of various types. It is not enough to have good grades. Your resume should include things like jobs or internships, volunteering, activities or clubs, leadership, awards, etc. Every person has a different journey, but remember to get out there and try new things and then record them on your resume.
4. **Advocate for yourself with employers.** You bring a lot of strengths as an international student such as speaking multiple languages, navigating other cultures, flexibility and adaptability in new situations, bringing unique ideas and perspectives to problem solving, etc. Employers might not be familiar with hiring international students, so don't be afraid to make a case for what you offer and how simple it is to work with you on CPT or OPT. [Reference this document](#) that explains what employers need to know about hiring international students.
5. **Practice U.S. style interviews.** The basic expectation of a U.S. interview is that you will positively sell your skills, background and accomplishments to the employer. It is not considered to be impolite or bragging to promote yourself in this way. It's your goal to convince the employer that you are the best candidate for the position! Make sure that you speak with confidence, offer a confident Handshake as a greeting and maintain regular eye contact. To practice U.S. interviews, make an appointment with your college-specific career advisor and/or use [Standout](#) for video practice.

ORGANIZATIONS THAT HIRE INTERNATIONAL STUDENTS

As an international student, you may face challenges like complex immigration regulations, a lack of clear information about which employers hire international students and cultural differences in hiring processes. It may take some extra research and asking advice from friends and advisors to be successful. Also consider the following resources:

1. **Explore U.S. & International Opportunities with [GoinGlobal](#) (If you are off-campus, access GoinGlobal via Handshake “Resources”):** See a list of U.S. companies that have filed H-1B visa applications in the last year to hire international talent. You can also search and apply to 16 million+ jobs across the globe or in your home country (note that jobs have not been prescreened for legitimacy). Lastly, you can access country and U.S. city-specific guides to help you understand job searching, resumes, paperwork and more before applying in a new country.
2. **Use the CPT/OPT Filter in Handshake.** As you are searching for jobs in Oregon State’s university-wide job board, you can click on “Filters” and search by “Will sponsor or doesn’t require U.S. work visa” and/or “Accepts OPT/CPT.” These are standard questions employers are asked when submitting jobs to Handshake that can take some of the guessing out of your job search process.

USING CAREER RESOURCES FOR YOUR JOB SEARCH

Can employers limit their interviewing and hiring to U.S. citizens?

Sometimes citizenship is deemed to be an essential part of the position. The National Association of Colleges and Employers has [some helpful information on this topic](#). Note that often federal government agencies are unable to hire people without U.S. citizenship.

Should I list my immigration status on my resume?

You do not need to list your immigration status on your resume. Your educational background and work history will display that you are an international student. You should never lie about your immigration status, but are not required to disclose it on your resume.

Should I list my immigration status on my resume?

When in the hiring process do I reveal that I’m an international student? Employers’ openness to hiring international students varies. Some are unable to hire internationally, but many are just unfamiliar with the process. Consider waiting until an employer asks or until you are further into the hiring process, but be aware of whether the company has petitioned for visas in the past. [The Career Development Center has a great guide to help employers understand the process and benefits of hiring international students](#). Use this document to help advocate for yourself if needed.

Are there questions that are illegal for an employer to ask me?

An employer MAY NOT ask:

- “What is your visa type, nationality, place of birth?”
- “Of which country are you a citizen?”
- “What is your native language?”
- “What language do you most often speak?”

However, an employer MAY ask:

- “Are you legally authorized to work in the United States?”
- “Will you now or in the future require sponsorship for an employment visa?”
- “Which languages do you read, speak or write?”

I am in F-1 status. What should I say when an employer asks about my work authorization?

Explain that you have the legal right to work in the U.S. for up to twelve months using Optional Practical Training following graduation. The employer does not need to do anything in order for this to happen. If you have graduated with a degree in one of the STEM (Sciences, Tech, Engineering and Math) fields, then share that you are eligible for a 24-month STEM extension of your OPT. If you do not have a degree in a STEM field or if you’ve completed your STEM extension, you should explain that your work authorization may be authorized for another three-to-six years with H-1B status. If the employer asks for more information, you should be able to clearly explain the H-1B process. Helpful hint: Avoid using the word “sponsor”; instead, use the word “petition” when speaking about H-1B status.

How can I network with other international students and alumni?

The OSU Alumni Association (osualum.com) offers “affiliated international alumni groups” you can connect with. Currently there are alumni groups for China, Europe, Hong Kong, Indonesia, Korea, Taiwan and Thailand. You can also find and message alumni on LinkedIn. Look up 'Oregon State University,' click on the 'Alumni' tab and search by country and program of study. This is a great way to find out what your peers are doing around the world.

ON-CAMPUS RESOURCES & COMMUNITIES

- [International Cultural Service Program](#)
- [International Peer Mentoring Program](#)
- [Crossroads International](#)
- [Oregon State Cultural Centers](#) and [Diversity and Cultural Engagement](#)