4 Year Plan - International Students

Do the 4 Year Plan but remember to also:

1. **Explore** [Career Preparation Resources](#) and Tips for International Students

2. **Practice English & Learn about US Culture:** [Monthly Coffee Talks](#), join the [OIE Catamount Cultural Connections](#) to get a peer or faculty mentor or go to a Career Center an industry panel or workshop about US Business culture

3. **Do a Service Project/Volunteer:** Tutor domestic students in a language class (your native language or be a mentor for [Upward Bound](#) (a program for high school students)

4. **Gain Experience:** Join a club, get an on-campus job, intern or work at home or in the US-Use [GoinGlobal](#) and [Handshake](#). Gain experience with [On Campus Employment](#) or find an internship with Curricular Practical Training ([CPT](#))

5. **Know the Rules:** Understand and be able to discuss your visa status- Go to a workshop about OPT and meet with OIE about CPT

6. **The Job Search:** Meet with International Career Counselor on Monday Meetups at the Career Center. Research organizations who have hired CPT/OPT students and create clear talking points around visa status. Apply for EAD (Employment Authorization Document)- it must be 90 days before graduation. Decide an OPT date & launch at the appropriate time (i.e. February) so you can be available to work upon graduation.

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**Job Readiness Checklist**

- Member of a UVM club or community organization
- Elevator pitch that includes an explanation of why you as an international student have the best skills for the position
- An ability to articulate your visa status and the process
- Develop a connection with faculty or supervisors that will be good references
- Talk to OIE and your Academic Advisor and apply for CPT
- Volunteer, intern, or take leadership = build your resume
- Go to OPT workshop
- Apply for EAD and set OPT date