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## International Students

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As an international student, you have a lot to offer an employer. Your unique experiences and knowledge are valuable to employers. Even so, you should expect the job market to be competitive after you graduate. Consider being flexible when creating your career plan; you may not end up with a job in the first country you choose.



### NETWORKING

Take advantage of as many opportunities as possible to network. Networking is not only an opportunity for you to meet peers and mentors; it also gives you a chance to practice language and communication skills and learn about cultures in different countries. Use the **Networking** activity in the **Find a Job** section of this workbook to help create your plan. Consider the list below when creating your networking plan.

- **International program or student services** at your school often host social events that are valuable for networking.
- The **multi-cultural center** at your campus offers the opportunity to meet students from different countries.
- Find out if your school provides networking opportunities with **international alumni**.
- Professional international student associations related to your area of study can help you network globally. An example is NAFSA [nafsa.org](https://www.nafsa.org), an association of international educators. Talk to your faculty or counselors to find associations that will fit your career goals.

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## International Students (Continued)

### GAIN EXPERIENCE WHILE YOU ARE STUDYING

If your student visa allows you to gain experience while you are in school, take advantage of that. In the United States, some of the most common ways of gaining experience are:

- **Optional Practical Training (for F-1 visa holders)**  
[tinyurl.com/y625w96k](https://tinyurl.com/y625w96k)
- **STEM Optional Practical Training Extension (for F-1 visa holders)**  
[tinyurl.com/y92hgrch](https://tinyurl.com/y92hgrch)
- **Curricular Practical Training (for F-1 visa holders)**  
[tinyurl.com/ydhdvhx9](https://tinyurl.com/ydhdvhx9)
- **Practical Training (for M-1 visa holders)**  
[tinyurl.com/yatwzo2h](https://tinyurl.com/yatwzo2h)

### IMPROVE YOUR LANGUAGE AND COMMUNICATION SKILLS

Your campus will have resources to help you learn English and improve your communication skills. The community organizations and schools listed below also offer resources for English Language Learners and others wishing to improve their communication skills.

- **Literacy Minnesota**  
[literacymn.org](https://literacymn.org)  
Find Free English as a Second Language (ESL) classes for adults.
- **Toastmasters International**  
[toastmasters.org](https://toastmasters.org)  
Toastmasters teaches public speaking and leadership skills. Visit the Toastmaster website to find Toastmasters clubs in a city near you. Many clubs offer online meetings.
- **Student Writing Support**  
*Center for Writing, University of Minnesota*  
[writing.umn.edu/sws/multilingual](https://writing.umn.edu/sws/multilingual)  
Find resources writing resources, including online dictionaries and tutorials that are helpful for multilingual students.

### APPLYING FOR A JOB

Resume styles, interviewing, and communication vary by country. The resources below can help you understand those differences.

- **Writing a US Style Resume**  
*Berkeley University of California Career Center*  
[career.berkeley.edu/IntnlStudents/IS-resume](https://career.berkeley.edu/IntnlStudents/IS-resume)  
Visit this site to find an easy to understand table showing what's included and excluded from a US style resume.

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## International Students (Continued)

- **Cultural Differences in the Job Search**

*University of Minnesota*

[tinyurl.com/vyadawdp](https://tinyurl.com/vyadawdp)

This 2-page handout contrasts common U.S. employer cultural job search expectations with those common in other countries. Understanding the differences will help you better prepare for your job interview.

- **Goin Global Blog**

[blog.goinglobal.com](https://blog.goinglobal.com)

Follow or search this blog to find career news, including CV/resume and interview tips and information about cultural etiquette for more than 25 different countries. Remember, cultural norms for applying for a job differ from country to country. Researching the etiquette for the countries where you plan to apply for a job will help you avoid mistakes.

## LEGAL REQUIREMENTS FOR WORKING IN THE UNITED STATES

- **Working in the United States**

*Study in the States, Department of Homeland Security*

[studyinthestates.dhs.gov/students/working-united-states](https://studyinthestates.dhs.gov/students/working-united-states)

International students with F-1 or M-1 visas can find information about working in the United States, including:

- Eligibility requirements for on-campus or off-campus employment
- How and when to obtain a Social Security Number (SSN) or Individual Taxpayer Identification Number (ITIN)
- Optical Practical Training (OPT), Curricular Practical Training (CPT), and other allowed on-the-job training

- **Temporary (Nonimmigrant) Worker Classification**

*U.S. Citizenship and Immigration Services*

[uscis.gov/working-in-the-united-states/temporary-nonimmigrant-workers](https://uscis.gov/working-in-the-united-states/temporary-nonimmigrant-workers)

Find information about the types of employment-based visas available after you graduate and complete any practical training associated with your student visa. In most cases, an employer must sponsor your employment-based visa.

- **Employment-Based Visa Categories in the United States**

*American Immigration Council*

[americanimmigrationcouncil.org/research/employment-based-visa-categories-united-states](https://americanimmigrationcouncil.org/research/employment-based-visa-categories-united-states)

This fact sheet offers recent immigration trends and common temporary and permanent employment-based visa categories in the United States. The American Immigration Council also provides a blog and newsletter to help you keep up to date on employment-related immigration rules and law changes.

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## International Students (Continued)

- **ID Cards - Social Security and entering the United States of America**

*Social Security Administration*

[ssa.gov/people/immigrants](https://ssa.gov/people/immigrants)

You will need a social security number to work in the United States. Find links to publications to help you understand how to apply for a social security number. Scroll to the heading “Students” to find a publication specifically for international students [ [ssa.gov/pubs/EN-05-10181.pdf](https://ssa.gov/pubs/EN-05-10181.pdf) ].

- **Legal Help**

Get legal help with your immigration questions.

- **American Immigration Lawyers Association**

[ailalawyer.com](https://ailalawyer.com)

- **Mid-Minnesota Legal Aid**

Legal help for people with low income.

[mylegalaid.org](https://mylegalaid.org)

- **Immigrant Law Center of Minnesota**

[ilcm.org](https://ilcm.org)

The Immigrant Law Center of Minnesota (ILCM) is a nonprofit immigration legal service that provides direct legal services and advocacy for immigrants and refugees in Minnesota.

## JOB BOARDS AND EMPLOYERS

If you are looking for a job, start with your college or university career center or international services to learn about employers that they know about who have previously hired international students. Also, use the job boards below to find U.S. employers who have previously sponsored H1B visas or green cards and search for jobs worldwide. You will also find links to help you detect employment scams that target college students.

- **[MyVisaJobs.com](https://myvisajobs.com)**

Search this database to find employers in the U.S. and worldwide who have previously hired international students. In addition to employer information, you will find information about applying for a green card or temporary work visa.

- **AIESEC**

[aiesec.org](https://aiesec.org)

AIESEC is a global organization of students and recent graduates who are interested in world issues, leadership, and management. Find volunteer, internships, and teaching opportunities around the world.

- **Uniworld Online**

[uniworldonline.com/search](https://uniworldonline.com/search)

Use the Uniworld Online search to find contact information for multinational companies.

- **World Association of Non-Governmental Organizations (WANGO)**

[wango.org](https://wango.org)

Search for non-governmental organizations worldwide.

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## International Students (Continued)

- **International job boards**

Visit these international job boards to find jobs, internships, and volunteer opportunities worldwide.

- **CareerBuilder International**  
[careerbuilder.com/international](https://www.careerbuilder.com/international)
- **Idealist**  
[idealist.org](https://www.idealist.org)
- **Indeed Worldwide**  
[indeed.com/worldwide](https://www.indeed.com/worldwide)
- **International Jobs**  
[internationaljobs.com](https://www.internationaljobs.com)
- **International Student Job Search**  
[internationalstudent.com/jobsearch](https://www.internationalstudent.com/jobsearch)
- **Monster Worldwide Job Search**  
[monster.com/geo/siteselection](https://www.monster.com/geo/siteselection)