



International Student Job & Internship Search

Understand Your Visa

- ✎ F-1 and J-1 visas are student visas intended for education and training. The visas allow for “US work authorization” for internships, co-ops and some post-graduate work through Curricular Practical Training (CPT) and Optional Practical Training (OPT) for F-1 Visas and Academic Training for J-1 Visas.

Access UMass Support Services

- ✎ Connect with UMass’ [International Programs Office \(IPO\)](#) for detailed information and timing on applying for these programs. The laws can change quite frequently, and it is your responsibility to be aware of any restrictions, deadlines, and requirements.
- ✎ F1 Visa Holders must **meet with [Kimberly Figueroa](#), Director of Internships in the Chase Career Center**, prior to submitting the [CPT E-Form](#) for approval of internship credits or co-op status associated with a paid opportunity.

Explore Employment Options

- ✎ **Non-profit organizations**, including many universities and hospitals, are H-1B visa cap exempt. Consider looking for a position in your field of study at one of these many organizations.
- ✎ Consider companies that may have **offices or subsidiaries in your country of origin**. These companies may have more of an interest in you. Use the [American and Foreign Companies with Global Operations](#) at the [UMass Amherst Library](#) to identify these companies.
- ✎ Consider **working in your home country** first and then trying to transfer through that company to a US branch office or subsidiary.
- ✎ Read major business publications from your home country. You may learn about some new opportunities available in the US.

Recognize Employers’ Concerns

- ✎ **Be prepared to respond to:** *“You must be eligible to work in the US.”* You do have US Work Authorization, so you can technically work for this company, but not if they also say, *“We will not hire anyone who needs sponsorship now or in the future.”*
- ✎ **HR recruiters do not always know** that it doesn’t cost companies anything to hire international students for internships or full-time positions until the time comes to apply for the H-1B visa after one year’s work. Some recruiters may act as gatekeepers to their organizations. Be prepared for this.
- ✎ **Sponsoring an employee** for an H-1B visa poses additional costs of several thousand dollars per employee. Few small companies are willing to incur that cost.
- ✎ **Many companies use internships** as the pipeline for full-time employees. If a company cannot sponsor an international student for an H-1B visa later, that company will most likely not take on a student for an internship.



Pursue Networking

- ✂ **Networking is even more important** for an international student than for a US citizen. International alumni who are currently working in the US could be your best contacts.
- ✂ **Consider reading** [Power Ties: The International Students' Guide to Finding a Job in the United States](#) by Dan Beaudry or [The International Advantage](#) by Marcelo Barros.
- ✂ Leverage the networking power of [LinkedIn](#). Did you know there are over 21,000 UMass Amherst Isenberg School of Management alumni?
- ✂ Talk with your **professors, academic advisors, and career coaches**.

Highlight Unique Skills

- ✂ Enhanced cultural awareness/sensitivity to customs and cultural differences
- ✂ Adaptability
- ✂ Greater flexibility and receptivity
- ✂ Ability to identify and achieve goals
- ✂ Increased confidence, initiative and independence
- ✂ Bilingual
- ✂ Awareness of global economic and political issues and realities
- ✂ General travel skills
- ✂ Problem solving and crisis management skills

Strengthen English Communication Skills

- ✂ Go to the [Center for Business and Professional Communication](#), Isenberg Room 336 and make use of its resources to improve your writing and communication skills, if needed.
- ✂ Utilize the resources at, and attend events sponsored by, the [UMass IPO office](#) to practice English.
- ✂ **Practice your English skills** by participating in class discussions, making presentations, and expanding your circle of native English speaking friends.
- ✂ Use US **naming conventions when saving your resume** in pdf format. Use your whole name in the title, not just your first name, and do not place the word "resume" first. For example:
MaxfieldJones_Resume.pdf

Search Job Listing Sites

- ✂ [LinkedIn](#)
- ✂ [GoAbroad.com](#)
- ✂ [MyVisaJobs.com](#)
- ✂ [Majors' Job Boards](#)