Interstride Quick-Start Guide for International Students

What is Interstride?

Interstride, an interactive career portal with resources designed specifically for international students, was implemented by the Office of Career Success to help further simplify the career exploration process for international students.

There are many features that can be leveraged to enhance the job-search experience of international students seeking internships or full-time job opportunities. Aside from features that could be utilized to conduct searches within the United States, Interstride also offers a wide range of tools that international students can use to find internships and jobs in other countries. Country insight guides that contain information on traveling and working internationally are also available. Information covered in the guides include but are not limited to the following: work visas, housing, healthcare, banks, taxes, and education.

How do I access Interstride?

1. Click here to log in.
2. Enter your UMass Amherst email address (You will be asked to confirm your email).
3. Create a password and log in using your new password.
What are the key Interstride resources that can be leveraged to aid your job search?

Job and Internship Search - Interstride offers a job-search tool that students can use to search for internships or jobs both in the US and abroad. Using the tool, you can view both internship and job postings from employers who are looking to hire international students.

Creating Job Alerts - There is a job alerts tool that students can use to keep their searches organized, save job postings, and set up alerts to receive notifications about new job listings.
Networking with Other Isenberg Students - The Interstride platform includes tools that students can use to connect and network with their classmates within the Isenberg community.

Webinars & Training Workshops - Live webinars and online workshops are available to international students. These sessions cover a wide range of topics such as job search strategies and visa options.
Visa & Immigration Insights - Interstride provides resources that can help you identify employers that have previously provided sponsorships for H1-B visas to international students. It also includes information on average salaries that international students received. These resources are especially helpful for understanding and navigating through complex visa requirements and different options that are available.

Where can I get assistance with learning more about and using Interstride?

For assistance with Interstride, students can schedule an appointment online to meet one-on-one virtually with Quentin Law Phu, an MBA fellow who helps provide user support services for Interstride. To schedule an appointment with Quentin, please follow the steps below:

2. Click on the “Interstride User Support Office Hours Sign-Up” button.
3. Under “Select a Date & Time”, choose an available date and time, then click confirm.
4. Upon confirmation, you will receive a confirmation email with a meeting link. All meetings have a duration of 15 minutes and are conducted on Google Meet.