

## Interstride Quick-Start Guide for International Students

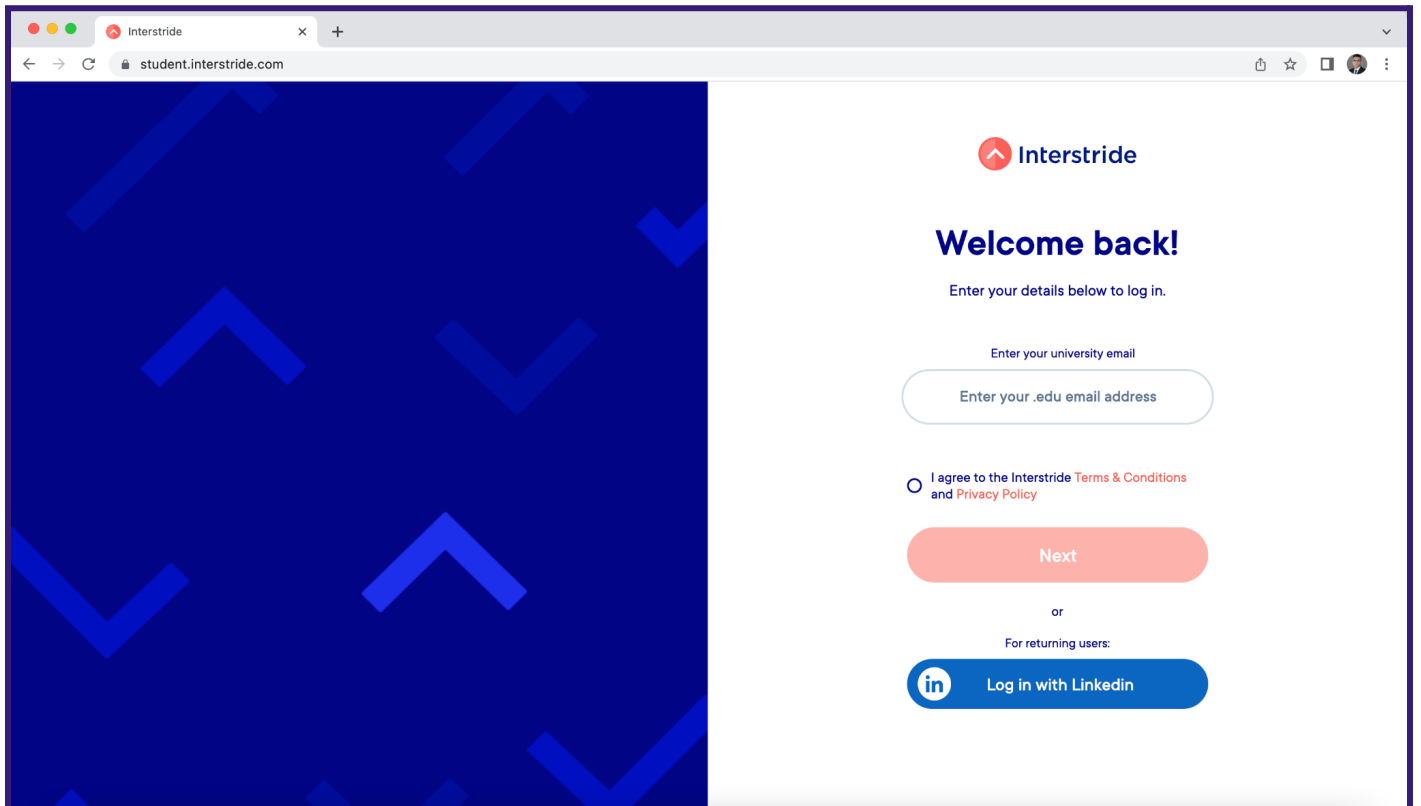
### What is Interstride?

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?

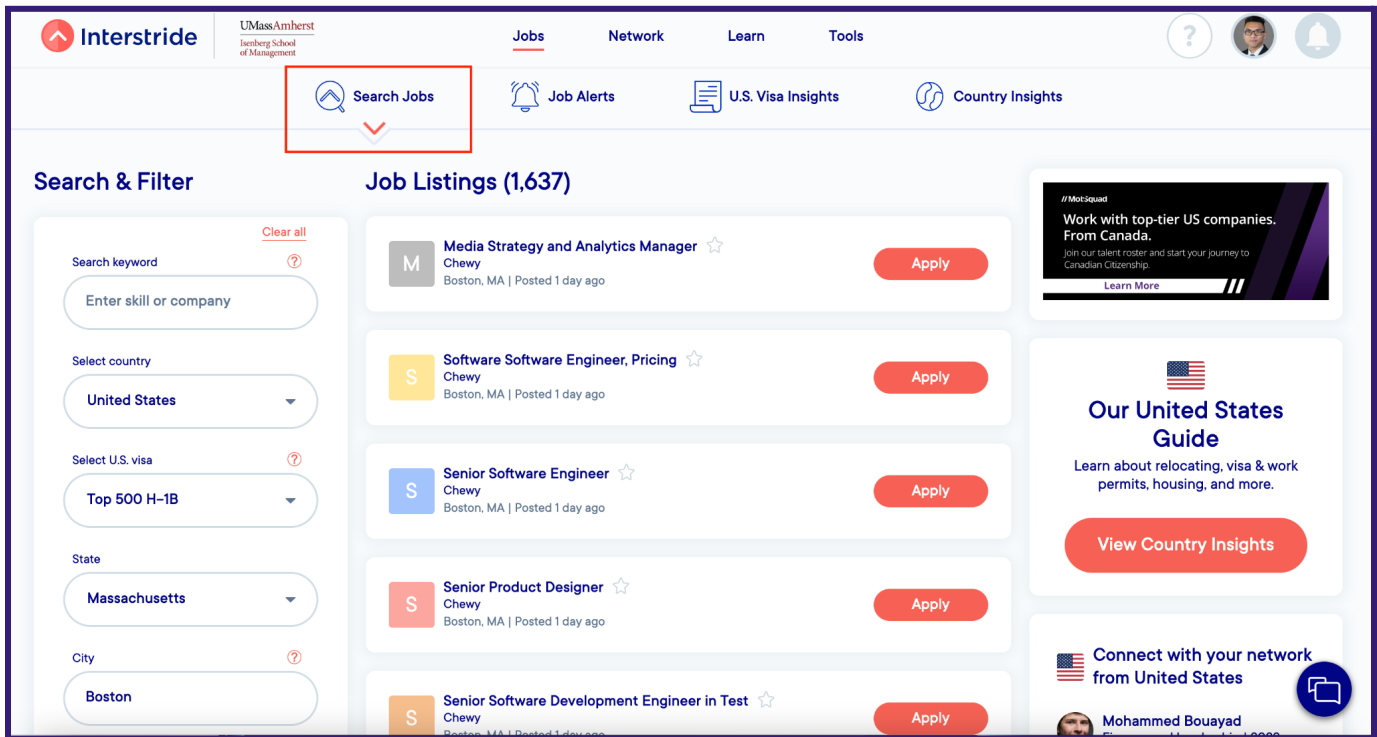
1. Click [here](#) to log in.
2. Enter your UMass Amherst email address (You will be asked to confirm your email).
3. Create a password and log in using your new password.



The screenshot shows a web browser window with the URL `student.interstride.com`. The page features a large blue graphic on the left with white chevron patterns. On the right, the Interstride logo is at the top, followed by the heading "Welcome back!". Below this, a prompt says "Enter your details below to log in." There is a text input field labeled "Enter your university email" with the placeholder text "Enter your .edu email address". Below the input field is a radio button next to the text "I agree to the Interstride Terms & Conditions and Privacy Policy". A large orange "Next" button is positioned below the agreement. Underneath the "Next" button is the word "or". Below that, the text "For returning users:" is displayed. At the bottom, there is a blue button with the LinkedIn logo and the text "Log in with LinkedIn".

## 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.



**Search & Filter**

Search keyword  
Enter skill or company

Select country  
United States

Select U.S. visa  
Top 500 H-1B

State  
Massachusetts

City  
Boston

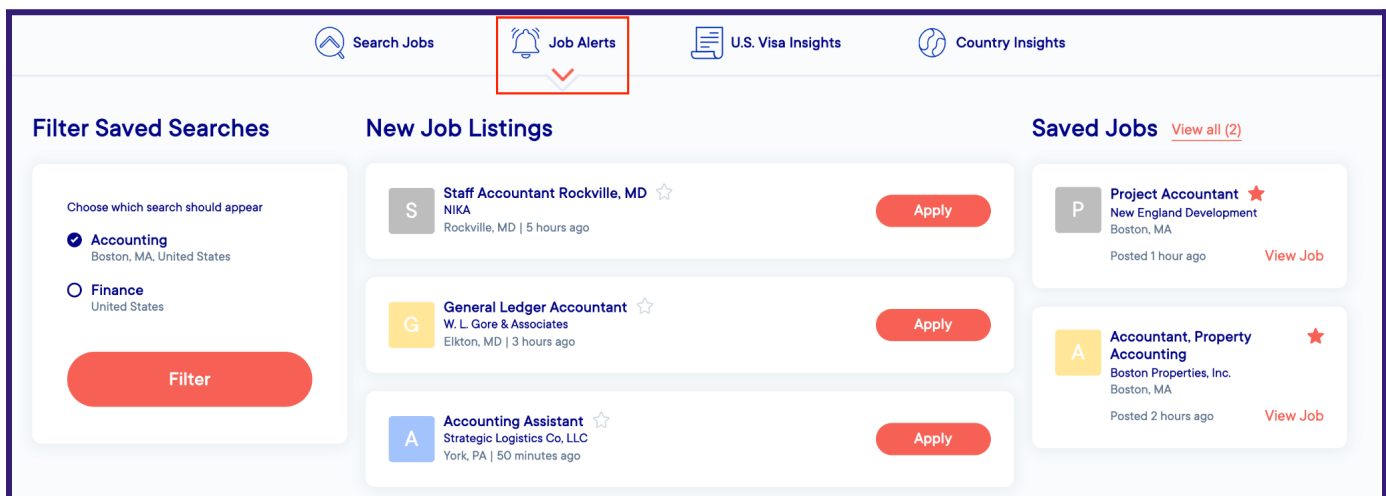
**Job Listings (1,637)**

- Media Strategy and Analytics Manager**  
Chewy  
Boston, MA | Posted 1 day ago
- Software Software Engineer, Pricing**  
Chewy  
Boston, MA | Posted 1 day ago
- Senior Software Engineer**  
Chewy  
Boston, MA | Posted 1 day ago
- Senior Product Designer**  
Chewy  
Boston, MA | Posted 1 day ago
- Senior Software Development Engineer in Test**  
Chewy  
Boston, MA | Posted 1 day ago

**Our United States Guide**  
Learn about relocating, visa & work permits, housing, and more.  
[View Country Insights](#)

**Connect with your network from United States**  
Mohammed Bouayad

**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.



**Filter Saved Searches**

Choose which search should appear

☒ Accounting  
Boston, MA, United States

☐ Finance  
United States

[Filter](#)

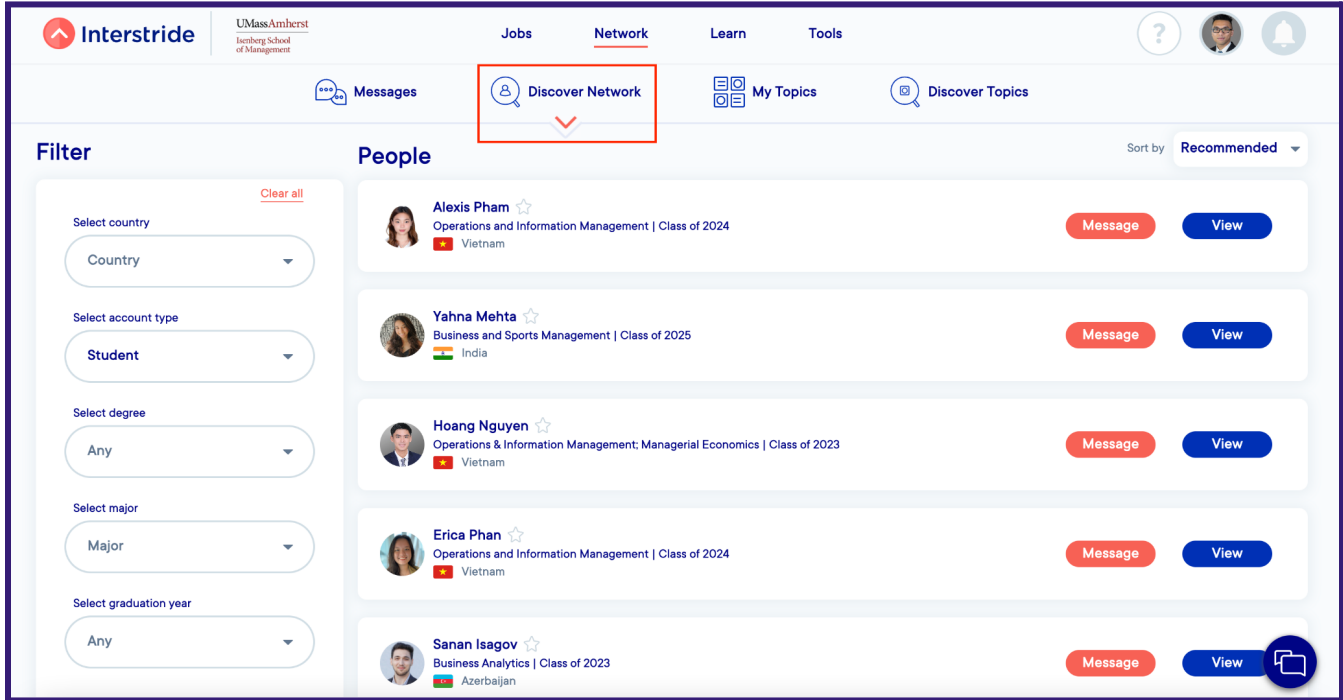
**New Job Listings**

- Staff Accountant Rockville, MD**  
NIKA  
Rockville, MD | 5 hours ago
- General Ledger Accountant**  
W. L. Gore & Associates  
Elkton, MD | 3 hours ago
- Accounting Assistant**  
Strategic Logistics Co, LLC  
York, PA | 50 minutes ago

**Saved Jobs** [View all \(2\)](#)

- Project Accountant**  
New England Development  
Boston, MA  
Posted 1 hour ago
- Accountant, Property Accounting**  
Boston Properties, Inc.  
Boston, MA  
Posted 2 hours ago

**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.



**Interstride** UMass Amherst Isenberg School of Management

Jobs **Network** Learn Tools

Messages **Discover Network** My Topics Discover Topics

**Filter** **People** Sort by Recommended

Clear all

Select country  
Country

Select account type  
Student

Select degree  
Any

Select major  
Major

Select graduation year  
Any

**Alexis Pham** ☆  
Operations and Information Management | Class of 2024  
Vietnam  
Message View

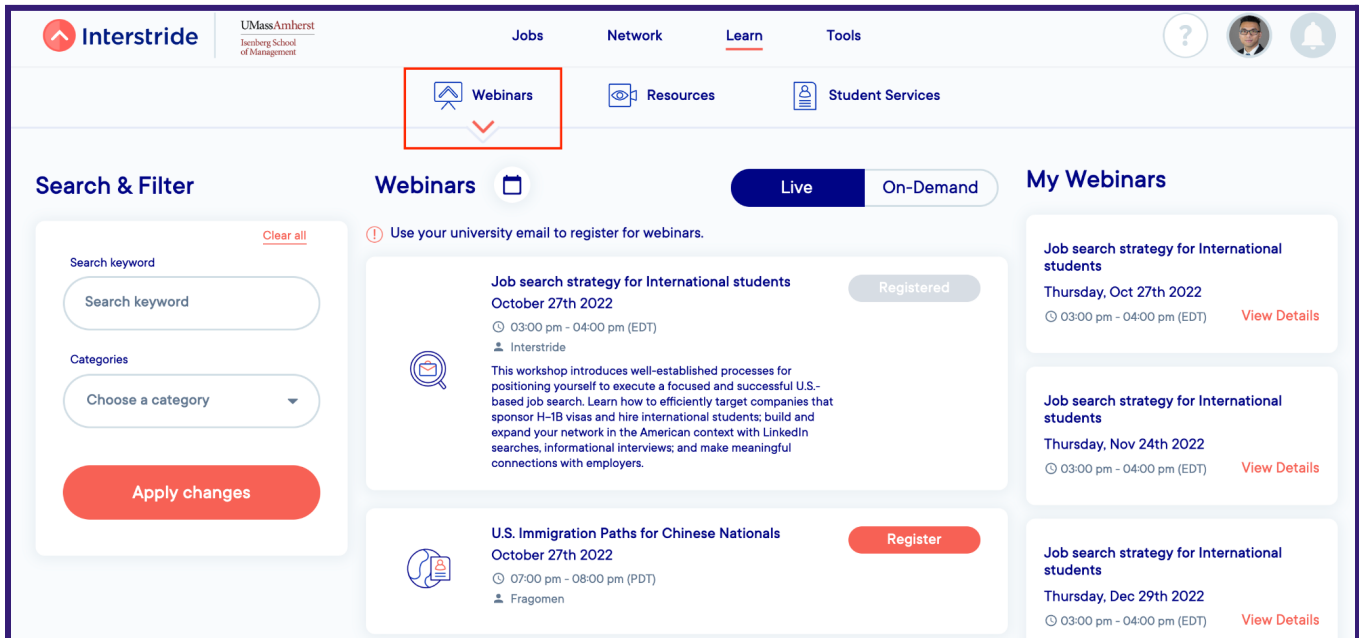
**Yahna Mehta** ☆  
Business and Sports Management | Class of 2025  
India  
Message View

**Hoang Nguyen** ☆  
Operations & Information Management; Managerial Economics | Class of 2023  
Vietnam  
Message View

**Erica Phan** ☆  
Operations and Information Management | Class of 2024  
Vietnam  
Message View

**Sanan Isagov** ☆  
Business Analytics | Class of 2023  
Azerbaijan  
Message View

**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.



**Interstride** UMass Amherst Isenberg School of Management

Jobs **Network** **Learn** Tools

Webinars Resources Student Services

**Search & Filter** **Webinars** Live On-Demand **My Webinars**

Clear all

Search keyword  
Search keyword

Categories  
Choose a category

Apply changes

Use your university email to register for webinars.

**Job search strategy for International students**  
October 27th 2022  
03:00 pm - 04:00 pm (EDT)  
Interstride  
This workshop introduces well-established processes for positioning yourself to execute a focused and successful U.S.-based job search. Learn how to efficiently target companies that sponsor H-1B visas and hire international students; build and expand your network in the American context with LinkedIn searches, informational interviews; and make meaningful connections with employers.  
Registered

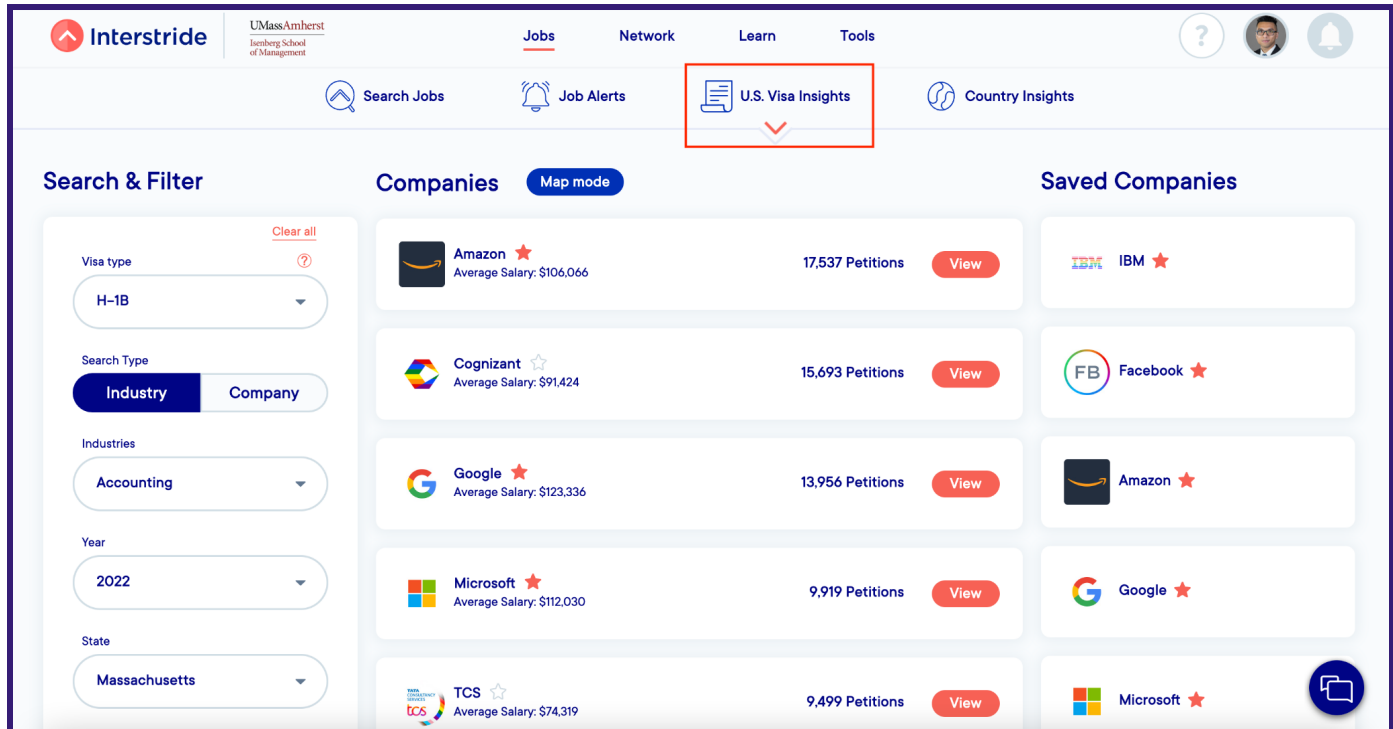
**U.S. Immigration Paths for Chinese Nationals**  
October 27th 2022  
07:00 pm - 08:00 pm (PDT)  
Fragomen  
Register

**Job search strategy for International students**  
Thursday, Oct 27th 2022  
03:00 pm - 04:00 pm (EDT) View Details

**Job search strategy for International students**  
Thursday, Nov 24th 2022  
03:00 pm - 04:00 pm (EDT) View Details

**Job search strategy for International students**  
Thursday, Dec 29th 2022  
03:00 pm - 04:00 pm (EDT) View Details

**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.



The screenshot shows the Interstride website interface. At the top, there's a navigation bar with 'Jobs', 'Network', 'Learn', and 'Tools'. Below this, a secondary bar contains 'Search Jobs', 'Job Alerts', 'U.S. Visa Insights' (highlighted with a red box), and 'Country Insights'. The main content area is divided into three sections: 'Search & Filter', 'Companies', and 'Saved Companies'. The 'Search & Filter' section on the left includes dropdowns for 'Visa type' (set to H-1B), 'Search Type' (set to Industry), 'Industries' (set to Accounting), 'Year' (set to 2022), and 'State' (set to Massachusetts). The 'Companies' section in the center lists several employers with their logos, average salaries, and the number of petitions. The 'Saved Companies' section on the right shows a list of companies that have been saved by the user.

Company	Average Salary	Petitions
Amazon	\$106,066	17,537
Cognizant	\$91,424	15,693
Google	\$123,336	13,956
Microsoft	\$112,030	9,919
TCS	\$74,319	9,499

### 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:

1. Visit Quentin's scheduling page on Calendly at: <https://calendly.com/qlawphu>.
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.