

How to Search For Opportunities That Are CPT/OPT Eligible in Interstride and UMass Handshake

INTERSTRIDE:

A primary search tool for employers that offer opportunities to International students in the US and abroad, Interstride partners with trusted service providers to support international students and those looking to work globally. Whether students are looking for tax advice or guidance on immigration, we have the right partner in our ecosystem to support students in their journey. Designed with international students specifically in mind, it also houses great resources for anyone looking to intern or work abroad as well.

This integrated platform offers a job board, learning tools, numerous resources and country guides. Click here for the Interstride [Quick Start Guide](#) to get started. Interstride makes the work of identifying employers who have been successful in the H1-B lottery simple. Job seekers no longer need to search multiple websites to gather and synthesize key information about these employers.

Things to keep in mind about your search results:

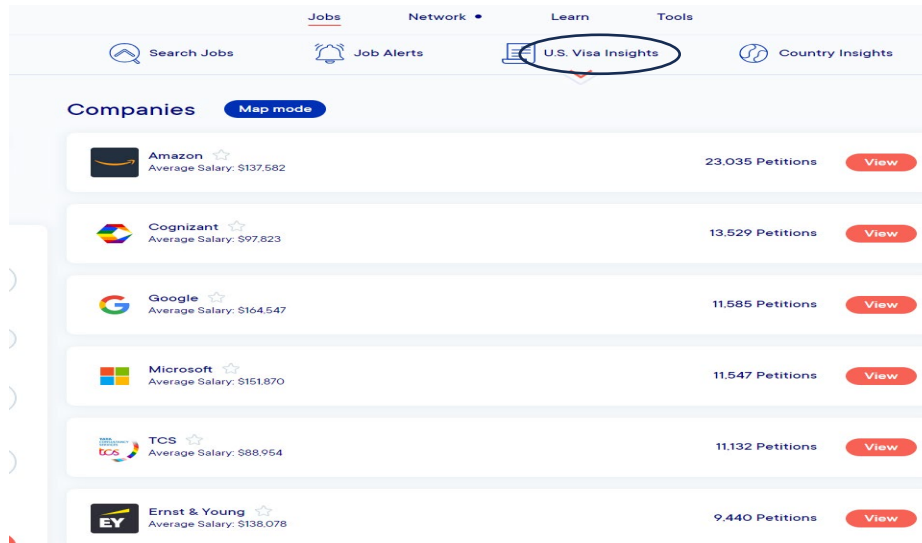
1. Search results will link you to a third-party job board or directly to an employer website. Some job boards will indicate if the posting is no longer active.
2. Employers who post opportunities are those who have been successful in the H-1B process at some point.
3. **Not all positions posted will be OPT/CPT eligible.** Some companies only consider experienced workers for sponsorship, in specific roles.
4. Use the **VISA INSIGHTS** tool to gain insight into how many **VISA petitions** have been submitted, based on experience level, by US employers. Petitions are submitted after the employer submission to the Lottery has been randomly selected.
5. A **VISA PETITION** is the request from an employer to USCIS that H-1B status be granted or extended to an employee. The number of petitions DO NOT equal the number of H-1B Visas granted. However, a higher number of petitions increases any employer's possibility of receiving H1-B approval for chosen candidates.

Use the following filters to search for internship and full-time opportunities:

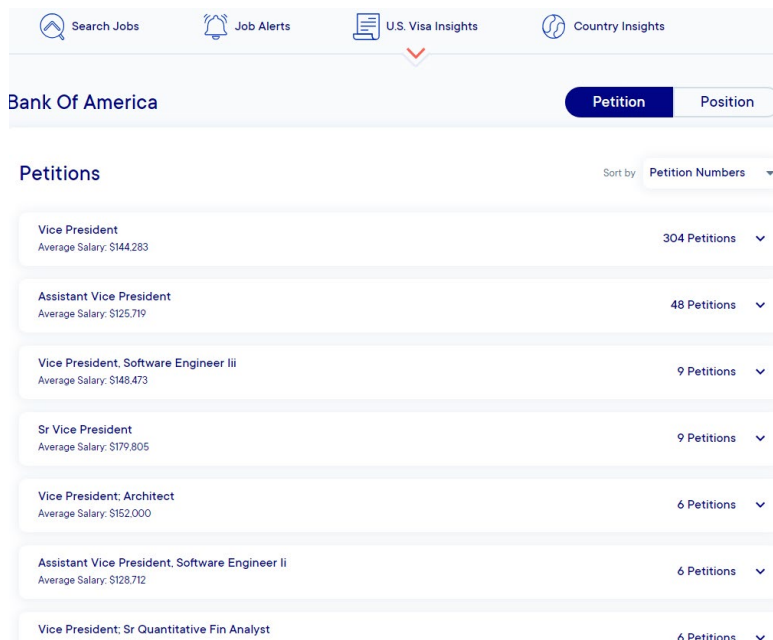
- **Top 500 H-1B:** These are the top 500 employers who have been successful, at some point, in the US H-1B Lottery
- **Top 1000 H-1B:** These are the top 1000 employers who have been successful, at some point, in the US H-1B Lottery
- **Sponsored Last Year:** These are employers who were granted H-1B VISAs in the last calendar year
- **Cap Exempt:** These are non-profit organizations (hospitals, institutions of higher education, NGOs) that have successfully sponsored, at some point

International Students are strongly encouraged to include CAP EXEMPT employers among job search targets.

Results using the **Visa Insights** tab will be listed in order by the MOST petitions to the fewest.



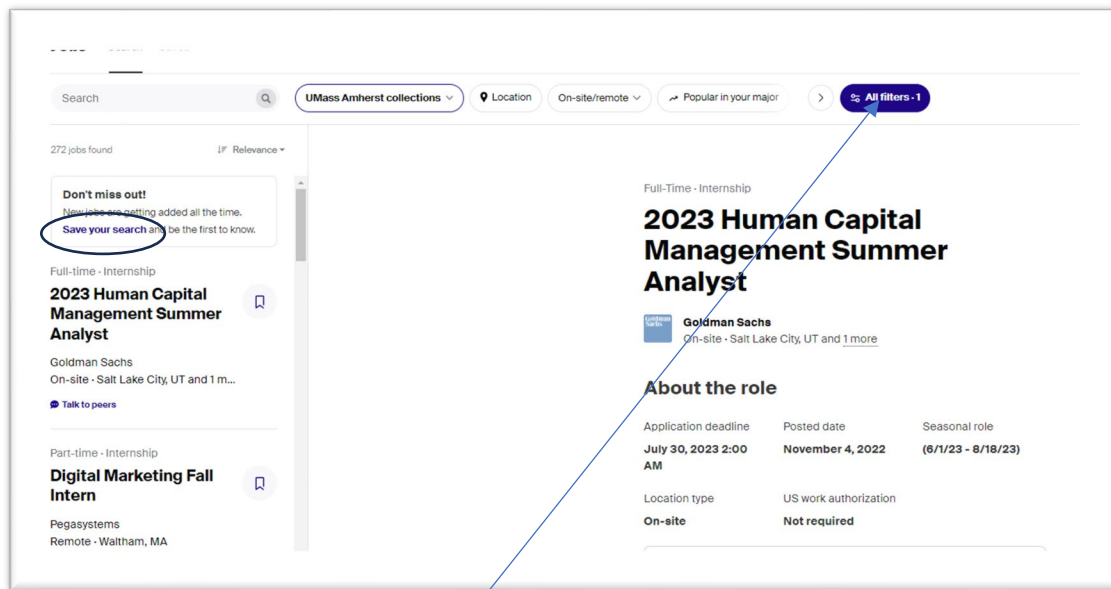
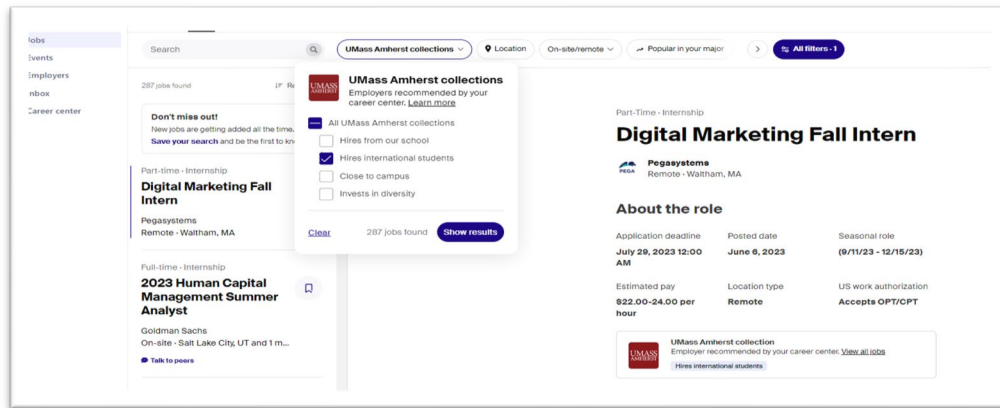
Drill down into an employer of interest to review the roles for which employers have petitioned for.



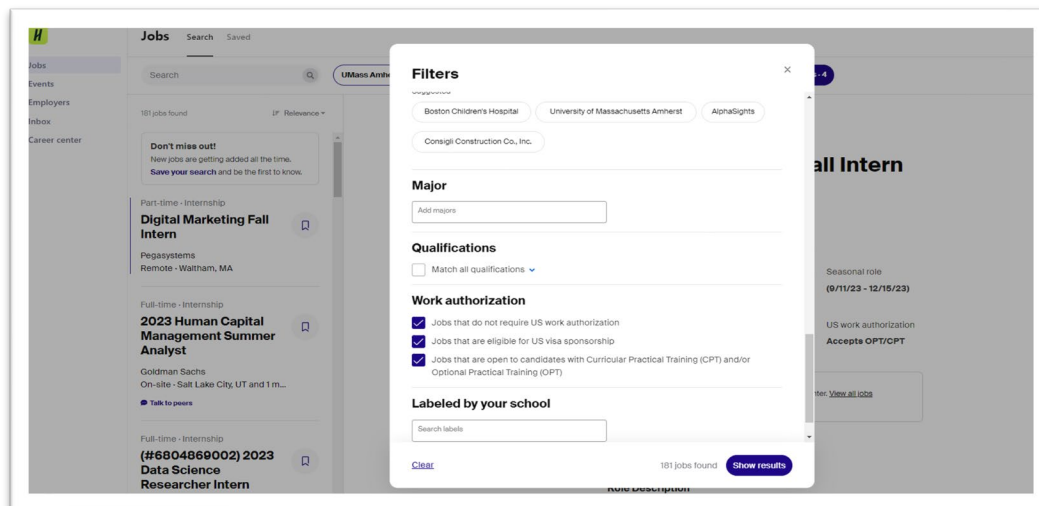
UMass Handshake

A number of useful filters in UMass Handshake aid in the search for CPT/OPT eligible opportunities. You may wish to create two separate “Search Alerts” using both or each of these filters to create different lists of employers and opportunities to consider. Search Alerts help keep your efforts efficient as results from specific alerts will be sent to your email associated with UMass Handshake.

- In the “**UMass Amherst Collections**” tab, click “Hires International Students”. This filter identifies ALL employers who consider CPT/OPT.
- If you wish to see employers who ALSO have a history of hiring UMass students, click “**Hires From Our School**”. While this may diminish the number of results, these employers are the first group you will want to learn more about!



Another useful filter is located by clicking on the **blue** “All Filters” button. Scroll down to the Work Authorization choices and make your selections. You may experiment with one, a combination, or all, for best results. As you discover good results, be sure to “Save the Search” to create your Search Alerts.



Be sure to add additional filters and keywords into your search for optimal results.