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 <u>Quick Start Guide</u> 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 Some job boards will indicate if the posting is no longer active.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.

		Jobs	Network •	Learn	Tools		
	Search Jobs	dol 💭	Alerts	U.S. Visa Insigh		Ocuntry Insight	s
Co	mpanies Map n	node					
1	Amazon 🏠 Average Salary: \$137.58:	2			23,035	Petitions Vie	~
	Cognizant 🏠 Average Salary: \$97,823				13,529	Petitions Vie	~
	Google 🕁 Average Salary: \$164,54	7			11,585	Petitions Vie	~
	Microsoft 🏠 Average Salary: \$151,870)			11.547	Petitions Vie	~~
	TCS 🏠 Average Salary: \$88,954	l.			11,132	Petitions Vie	~~
	Ernst & Young 🏠 Average Salary: \$138.07	8			9.440	Petitions Vie	•••

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

Search Jobs	Job Alerts	U.S. Visa Insights	Country Insi	ghts	
Bank Of America			Petition	Positio	n)
Petitions			Sort by	Petition Numbers	•
Vice President Average Salary: \$144.283				304 Petitions	•
Assistant Vice President Average Salary: \$125.719				48 Petitions	•
Vice President, Software Engin Average Salary: \$148,473	neer lii			9 Petitions	~
Sr Vice President Average Salary: \$179,805				9 Petitions	~
Vice President; Architect Average Salary: \$152,000				6 Petitions	~
Assistant Vice President, Soft Average Salary: \$128,712	ware Engineer li			6 Petitions	~
Vice President; Sr Quantitative	e Fin Analyst			6 Petitions	~

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!

ents	Search	a (UMass Amherst collections ~ Q Location	On-site/remote ~	- Popu	ular in your maj	or 🕥 😒 All fi	iters - 1
ployers tox	287 jobs found IP Re	UMASS	UMass Amherst collections Employers recommended by your career center. Learn more					
areer center	Don't miss out!		UMass Amberst collections	Pa	art-Time - I	Internship		
	New jobs are getting added all the time. Save your search and be the first to kn		Hires from our school	0	Digit	tal Ma	arketing	Fall Intern
	Part-time - Internship Digital Marketing Fall		Hires International students Close to campus	4	Ren	gasystems note · Waltha	m, MA	
	Intern		invoita in Givenany	A	bout	the role	e	
	Pegasystems Remote - Waltham, MA	Clear	287 jobs found Show results	Ap	oplication	deadline	Posted date	Seasonal role
	Full-time - Internship		_	Ju	uly 29, 20 M	23 12:00	June 6, 2023	(9/11/23 - 12/15/23)
	2023 Human Capital	D		Es	timated p	Day	Location type	US work authorization
	Management Summer Analyst			82 ho	22.00-24	.00 per	Remote	Accepts OPT/CPT
	Goldman Sachs On-site - Salt Lake City, UT and 1 m				INCLOSE	UMass Amt	erst collection	r center. View all jobs
	Talk to peers				ASILINE	Hires interna	tional students	

Search Q UM	ass Amherst collections ~	Ducation On-site/remote ~	Popular in your majo	or > S All filter	s-1
272 jobs found i≇ Relevance ◄					
Don't miss out!			Full-Time · Internship		
New lobe are getting added all the time.			2023 Hun	nan Capita	al
Save your search and be the hist to know.			Manager	ent Sumr	ner
Full-time · Internship			Analyst		
2023 Human Capital			Analyst		
Management Summer Analyst			Goldman Sachs	City UT and 1 mars	
Goldman Sachs			GII-Site · Sait Lake	e City, OT and Thore	
On-site - Salt Lake City, UT and 1 m			About the role		
Talk to peers		/	About the fore		
			Application deadline	Posted date	Seasonal role
Part-time · Internship			July 30, 2023 2:00	November 4, 2022	(6/1/23 - 8/18/23)
Digital Marketing Fall					
Intern			Location type	US work authorization	
Pegasystems			On-site	Not required	

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.

H	JODS Search Saved	· · · · · · · · · · · · · · · · · · ·	
bs rents	Search Q (UMass A	Filters ×	
nployers box	181 jobs found Life Relevance +	Boston Children's Hospital University of Massachusetts Amherst AlphaSights	
ireer center	Don't miss out! New jobs are getting added all the time. Save your search and be the first to know.	Consigli Construction Co., Inc.	all Intern
	Part-time - Internship	Major Add majors	
	Pegasystems Remote - Waltham, MA	Qualifications Match all qualifications ~	Seasonal role
	Full-time · Internship	Work authorization	(9/11/23 - 12/15/23)
	2023 Human Capital Management Summer Analyst Goldman Sachs	Jobs that do not require US work authorization Jobs that are eligible for US vias sponsorablo Jobs that are expent conclusionates with Curricular Practical Training (CPT) and/or Optional Practical Training (OPT)	US work authorization Accepts OPT/CPT
	Talk to peers	Labeled by your school	iter. <u>View all jobs</u>
	Full-time - Internship	Search labels	
	Data Science Researcher Intern	Clear 181 jobs found Show results	

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