Regulations to Maintain F-1 Status While on OPT Extension

**General**

✓ You must work in a paid position for an E-Verify employer at least 20 hours per week.
Link: [E-Verify](#)

✓ You must work in a position related to your STEM degree.

✓ You must submit periodic updates to International Affairs.

✓ International travel during your OPT period is allowed only if you have proof of employment or practical training related to your STEM degree. You must have a valid F-1 visa to enter the U.S. each time your travel outside the U.S.

**Unemployment Allowance**
Students who receive a 17-month OPT extension are given an additional 30 days of unemployment for a total of 120 days over their entire post-completion OPT period.

**Student Reporting Requirements**
You must report any changes to the information listed below within 10 working days to International Affairs using the *OPT Update Form*, which is online (see link below.)

- Your legal name and UO ID number
- SEVIS identification number (in top right-hand corner of I-20)
- Your residential address
- Your non-UO email address
- Employer name and address
- Employment start date for the current employer
- Employment end date for last employer (if more than 10 days of unemployment)
- Date of leaving the U.S. (if prior to the end date of your OPT)

**6-Month Validation Report**
You must submit a validation report to International Affairs, using the *OPT Update Form*, every six (6) months starting from the date the extension starts and ending when your F-1 status ends or the OPT extension ends, whichever is first. Failure to submit the validation report will result in the termination of your F-1 status.

**Employer’s Reporting Requirement**
When your employment is terminated for any reason, the employer is required to provide the following information to International Affairs. You must inform your employer of the reporting requirement at the end of your employment. Ask your employer to email International Affairs at [sevis@uoregon.edu](mailto:sevis@uoregon.edu) with the following text in the subject line: “OPT Employment Termination.” The information below must be included in the email message:

- Student employee’s name
- SEVIS ID number (provided by the student)
- The start and end dates of employment

*OPT Update Form*: [http://international.uoregon.edu/index.php/students/opt-information](http://international.uoregon.edu/index.php/students/opt-information)
Frequently Asked Questions

How many hours must I work while on OPT extension?
Students granted an OPT extension must work at least 20 hours per week for an E-Verify-enrolled employer in a position directly related to the student’s STEM degree. STEM students may work multiple jobs related to their STEM degree, but all the employers must be enrolled in E-Verify.

How do I show that my employment is directly related to my degree program?
Students should maintain evidence – for each job – of the position held, proof of the duration of that position, the job title, contact information for the student’s supervisor or manager, and a description of the work. If it is not clear from the job description how the work is related to the student’s degree, the student should obtain a signed letter from the employer’s hiring official, supervisor, or manager stating how the student’s degree is related to the work performed.

What are the limits on periods of unemployment?
Students who receive a 17-month OPT extension are given an additional 30 days of unemployment for a total of 120 days over their entire post-completion OPT period.

What counts as time unemployed?
Each day a student is not working during the OPT authorization period counts as a day of unemployment. The only exception is that periods of up to 10 days between the end of one job and the beginning of the next job will not be included in the calculation for time spent unemployed.

- Students on post-completion OPT may have up to 90 days unemployment.
- Students who receive a 17-month extension are given an additional 30 days of unemployment for a total of 120 days over their entire post-completion OPT period.
- If the student, whose approved period of OPT has started, travels outside of the U.S. while unemployed, the time spent outside the U.S. will count as unemployment against the 90/120 day limits.

What is the effect on a student’s status if the student exceeds the period of unemployment or non-activity?
A student who has exceeded the period of unemployment while on OPT has violated his or her status unless he or she has taken one of the following actions:

- Applied to continue his or her education by a change of level or transferring to another school.
- Departed the U.S.
- Taken action to otherwise maintain legal status, i.e. change of visa status.