

CAREER RESOURCES AND GUIDANCE FOR SMEAL ALUMNI MENTORS WORKING WITH INTERNATIONAL STUDENTS

International Student Facts:

- 831 International students in Smeal (Undergrad and Grad)
- 7461 International students at Penn State – University Park
- 975,000 International students studying in the US
- 85,000 visas available per year (65,000 + 20,000 for advanced degrees)
- 8.7% of international students get a visa per year

Approximately 80% of international students intend to work in the U.S. after graduating, yet less than 30% obtain an internship or full-time job offer in the States.

- Curricular Practical Training (CPT): Training as a student for summer internships only (position must be related to field of study)
- Optional Practical Training (OPT): Temporary employment in field of study after graduation

Tips for International students and the job search:

- Schedule a Career Coaching appt. with Career & Corporate Connections: www.careerconnections.smeal.psu.edu
- Research, prepare, and know important career fair dates
- Perfect Resume, Cover letter, 30-second pitch, Interview skills,
- Be on SmealConnect and USE IT!
- Get involved on campus & attend professional development events
- Network here AND abroad (use LinkedIn)
- Have a plan “B” for your career path–Start off in home country, but may be able to relocate with experience

General tips for International students looking for Internships:

- Eligible to participate in SUMMER INTERNSHIPS ONLY
- REQUIRED to meet with the Office of International Students & Scholars before seeking an internship & also after obtaining the internship.
- MUST enroll in BA395A to earn credit for a summer internship because full-time CPT must be credit bearing.
 - Be sure to review the CPT eligibility requirements & steps to authorization:
<https://global.psu.edu//info/internationals-psu/students/employment/f-1-curricular-practical-training-cpt>

Career Resources for International Students:

- General Information: <https://careerconnections.smeal.psu.edu/international-students/>
- Finding an internship or job as an International Student: <https://careerconnections.smeal.psu.edu/international-students/finding-an-internship-or-a-job-as-an-international-student/>
- Penn State Global Programs: <https://global.psu.edu/info/internationals-psu/students/employment/>
- External resources for finding internships:
<https://careerconnections.smeal.psu.edu/resources/?ctag%5B%5D=international-students>
 - MyVisaJobs - lists the top 100 visa sponsors by year among other resources
 - Uniworld - allows students to search American firms operating in foreign countries and foreign firms operating in the U.S
 - GoInGlobal - large database of employers who are hiring international students.
- Third party providers who can provide students with a professional unpaid experience for a fee:
<https://careerconnections.smeal.psu.edu/international-students/finding-an-internship-or-a-job-as-an-international-student/>
 - Dream Careers - Boston, Chicago, Los Angeles, Miami, New York, San Francisco, Washington DC
 - International Education Services (IES) Internships - Chicago, New York
 - Academic Internship Council - Boston, New York, San Francisco

Companies who have hired International Students in the past:

- Smeal International students - <https://careerconnections.smeal.psu.edu/international-students/companies-that-have-hired-smeal-international-students/>
- Penn State students on CPT- <https://global.psu.edu/info/internationals-psu/students/employment/f-1-curricular-practical-training-cpt/employers-who-have>
- Penn State students on OPT - <https://global.psu.edu/info/internationals-psu/students/employment/f-1-optional-practical-training-opt/employers-who-have>