

Career Resources

for International Students



The information in this resource packet is focused on assisting all international students with their career development including the job search process in the U.S. and beyond.

Many international students may have F-1 or J-1 visa status and as these visas have different on-campus, off-campus and post-graduation requirements, you are strongly encouraged to visit the International Students & Scholars (ISS) office before seeking any form of employment (paid or unpaid) and remain aware of any applicable restrictions, requirements and deadlines. Working without authorization or working more hours than authorized could jeopardize your immigration status. For basic guidelines regarding F-1 student employment, please refer to <https://www.ice.gov/sevis/employment> or reach out to iss@okstate.edu.

Job Search Strategies for International Students

When searching for a job, be sure to use a variety of methods and tools to increase your chances of finding a position. Make sure to look over and utilize our [Job Search Research Guide](#) throughout the process.

1. Identify Your Options.

Do you have a strong understanding of your interests and skills? Have you taken the time to think about your career goals and career needs? Do you know common job titles for your target industry?

- [Focus2 Career](#) guides users through a reliable, intuitive career and education decision making model to help identify interests & skills, select a major, and explore occupations.
- [TruTalent](#) helps users make informed decisions about their future employment based on their personality and motivations, which are instrumental in selecting a career.

2. Start Your Job Search Early.

- It typically takes the average international job seeker 6-9 months to find a new opportunity.
- Many employers engage in campus recruiting in the fall for spring and summer hires. This means you might be applying in September for a position that doesn't begin until after your graduation in May.

3. Research Employers.

- Many international students that are looking to stay in the United States after graduation find that looking for CPT and OPT positions with a company that might sponsor their H1-B visa is a good starting point. Using the H1-B employer list on [GoInGlobal](#) is a good reference point.

4. Build Your Network.

- About 80% of job opportunities come from networking and are not filled through job postings. It is important you start to build a network in the U.S. and in your industry. Make sure you check out the [Networking Resource Guide](#) to learn how to approach this aspect of your job search.
- Also make sure you are using online networking sites to your advantage. See our [LinkedIn Resource Guide](#) for tips in leveraging this resource.

5. Prepare For Your Interview.

- Preparing for your upcoming interview is an important step of the job search process. Our [Resource Guide on Interviews](#) has tips for the interview process and practicing for your interview is also highly recommended. There are several resources that can assist with your interview preparation such as [Interview Stream](#) and [LinkedIn Interview portal](#) that allows for you to video your interview practice and review your answers.

You Bring Advantages to an Employer

Understand the value you bring and advocate for yourself when you interact with future employers.

As an international student:

- You have ambition and drive, plus you have learned to be both flexible and adaptable.
- You have handled many cross-cultural situations and bring a global perspective to your future organization.
- You bring longevity and commitment to a position due to your employment status.

Understand Your Immigration Details

The information around international student eligibility and requirements is important and dynamic; please do your due diligence to keep abreast with any changes. Career Services is happy to help you as you navigate this process!

- Familiarize yourself with US employment authorization based on your visa status.
 - Visit the OSU International Students and Scholars (ISS) Office for employment information as well as visiting the [Study in the States](#) (a publication of the Department of Homeland Security).
 - Read through the [Hiring International Candidates Guide](#) for employers.
- During your job and internship, it is important to understand the processes associated with your visa.
- Be completely transparent about your immigration status to employers. Maybe employers are willing to petition an H1B and then later a Green Card, but this process becomes very difficult when the employee is not up front about their situation or withholds this information.
- Employers may have false assumptions about visa limitations, costs, processes, etc. It will be your job to advocate for yourself when it comes to your immigration and visa.
- Find international talent-friendly employers.

For more specialized assistance in your search, visit our website, hireosugrads.com, to make an appointment with a Career Consultant.

Cultural Considerations

Whether you are in the job searching process or have been hired by an employer and are experiencing a new office environment and culture, there may be U.S. cultural norms that are different or difficult for you as a foreign national. Read through the following articles to help you understand U.S. culture and how to best adjust to these differences.

- [How to Deal with Culture Shock: A Guide for International Students](#) | shorelight.com
 - Culture shock in the classroom
 - Social culture shock
 - Professional culture shock
- [How International Students Can Adjust to U.S. College Classes](#) | usnews.com
 - Be ready to participate in class
 - Take the lead in group projects and presentations
 - Get to know your professors
- [Six Aspects of U.S. Culture International Students Need to Know](#) | studyusa.com
 - Individuality
 - The value of time
 - Work ethic
 - Public space
 - Personal hygiene
 - How to address people you don't know well