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# Optional Practical Training (OPT) Workshop

Optional Practical Training (OPT) is a benefit of a student's F-1 status and gives F-1 students practical experience in their major field of study. Students can apply for it either during their program of study (pre-completion OPT) or to use after graduation (post-completion OPT).

F-1 students must complete an OPT workshop prior to submitting an OPT request in ISSS Link. In addition to the [online pre-recorded workshop](#), ISSS offers a live, interactive session (held via Zoom) with an international student advisor where students may ask questions. Students must register if they plan to attend a live OPT workshop. **Registration for OPT workshops opens two weeks prior to the workshop date.**

For more information and to register for a workshop, visit the "[View/Attend an OPT Workshop](#)" section of ISSS' [Optional Practical Training: Overview and Application Process](#) page.

Date

Thu, 11/06/2025 - 10:00

Location

Zoom (link will be emailed to registered students)

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**Source URL:** <https://iss.emory.edu/events/events/optional-practical-training-opt-workshop-5>