<table>
<thead>
<tr>
<th><strong>F-1 and J-1 Comparison Chart</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>F-1 Student Status</strong></td>
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<tr>
<td><strong>Eligibility</strong></td>
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<tr>
<td>All students are eligible for an F-1 visa, as long as they have been admitted to a full-time program of study, meet the English language requirement, and can show proof of funding for at least the first year of study.</td>
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<tr>
<td><strong>Dependents (Spouse and children)</strong></td>
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<tr>
<td>§ Eligible for an F-2 visa.</td>
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<tr>
<td>§ May enroll in academic programs for less than a full course of study, and can also engage in part-time study that is recreational in nature.</td>
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<tr>
<td>§ F-2 children may attend full-time elementary or secondary school: kindergarten – 12th grade.</td>
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<tr>
<td>§ Not eligible to apply for any work authorization in the U.S.</td>
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<tr>
<td><strong>Health Insurance</strong></td>
</tr>
<tr>
<td>Federal regulations do not require F-1 students and their F-2 dependents to carry Health Insurance but Columbia University requires every full-time enrolled student to have health insurance coverage.</td>
</tr>
<tr>
<td><strong>Home Country Residency Requirement</strong></td>
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<tr>
<td>There is no home residency requirement following the completion of program.</td>
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<tr>
<td>§ Applies ONLY to those</td>
</tr>
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<tr>
<td><strong>On-Campus Employment</strong></td>
</tr>
<tr>
<td>§ Immediately eligible for on-campus employment and does not require prior authorization from the ISSO/IAO.</td>
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<tr>
<td>§ Limited to 20 hours per week during an academic term, but can be full-time during holiday breaks.</td>
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</tbody>
</table>
**Off-Campus Employment**

**Curricular Practical Training (CPT):**
- Employment pursuant to an internship requirement or internship elective which is an integral part of the established curriculum of your degree program, and is counted towards completion of your degree. Not all programs qualify.
- Eligible only after being in valid student status for one academic year.
- Requires an employment offer in order to apply.
- Requires an application to be submitted to the ISSO/IAO for review and authorization.

**Optional Practical Training (OPT):**
- Eligible only after being in valid student status for one academic year.
- Eligible to work for up to 12 months per educational level with the possibility of extended OPT time in STEM fields (Science, Technology, Engineering, and Math).
- Employment must be related to the field of study.
- Can be used both during and after the program of study. Time used during the program is deducted from time available after graduation.
- Requires an application to be submitted to USCIS, where processing can take up to 3 months.
- Application fee
- Does not require an employment offer in order to apply.

**Academic Training (AT):**
- Employment which is considered integral to a student’s academic program
- Eligible only after being in valid student status for one academic semester.
- Can be pursued both during and after the program of study. Time used during the program is deducted from time available after graduation.
- Eligible to apply for up to 18 months of AT depending on length of program.
  1. AT authorization cannot exceed the length of the academic program. For example, if your program is one academic year, AT cannot be more than nine months
  2. AT following a doctoral degree can be extended an additional 18 months (for a total of 36 months)
- Requires an employment offer in order to be eligible.
- Requires an application to be submitted to the ISSO/IAO for review and authorization.
- USCIS not involved, no application fee

**Grace Period**
- 60 day grace period following the completion of program or Optional Practical Training, to depart the U.S.
- 30 day grace period following the completion of program or Academic Training, to depart the U.S.