



OCS

**RESOURCES FOR
INTERNATIONAL STUDENTS**

Undergraduate Resource Series

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8/19

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Resources for International Students

Looking for a job as an international student involves being aware of different employment laws in the different countries where you may wish to work. When applying for jobs in the U.S., Harvard students should meet both with representatives from the Harvard International Office (HIO) to go over visa and work status issues, and with the Office of Career Services (OCS) advisers.

START YOUR SEARCH EARLY

A well-informed job/internship search can be helpful as you think about your next steps in your career. It's never too early to start connecting with the HIO, OCS, fellow international students, recent Harvard alumni, and prospective employers.

UNDERSTAND THE U.S. JOB MARKET

As an international student, you may be trying to make sense of the internship and job search process in the United States. Perhaps you have questions about the networking culture or are unsure how to prepare for an interview with a U.S. employer. OCS can help:

- Make an [appointment](#) to ask questions and learn more about our services.
- [Attend workshops](#) about the U.S. job search process and learn about business culture.
- You can also refer to Cornell Career Services' 10-step process [tip sheet](#) for international students on the "US Job Search."

RESEARCH YOUR OPTIONS

There may be many opportunities available to you and understanding the employer perspective can be helpful.

- See this [article](#) on employer attitudes and top concerns for hiring an international candidate. Determining which companies are friendly toward international applicants may be difficult. Some employers are not upfront about this information, while others actively recruit international candidates. For assistance on how to identify potential employers, please speak with one of our advisers or refer to resources mentioned here.
- One good place to begin looking is [My VISA Jobs](#), which is the largest employment website for immigrants seeking employment in the U.S. Here you can find the top 100 employers who offer visa sponsorship, the top 100 industries that have international workers in the U.S., as well as the top 100 green card sponsors.
- See [OCS online resources](#), which includes tools for international students to learn about U.S. employers who have previously sponsored H1-B employment visas.

TALK TO ALUMNI

Building relationships with Harvard alumni that work in your field of interest can help you obtain valuable advice to help make you more competitive.

- Join the [FirstHand Advisor platform](#), which allows you to connect virtually with alumni from a variety of Harvard schools who have worked at top organizations worldwide. These advisors have volunteered to offer you a resume review, a mock interview or a simple career conversation.
- You can also find alumni through the [Harvard Alumni Directory](#) and [LinkedIn](#). Attending [panels](#), employer information sessions, networking events, and career fairs can also help you to explore career options, your interests, and discover potential job or internship opportunities.

PREPARE YOUR MATERIALS

Customize Your Documents

It will be important to customize your documents so that employers can clearly see your achievements.

- Take a look at our [resume and cover letter](#) templates to help you best prepare for your job/internship applications.
- Make an [appointment](#) to have your documents reviewed.

UNDERSTAND THE INTERVIEW PROCESS

Navigating the U.S. interview process can at times seem daunting. The best way to prepare is to understand the interview process and get a lot of practice. To help you understand the interview process, check out the [OCS Interviewing Guide](#).

Know Your Strengths

There are many advantages to hiring an international student and it may be helpful to understand how you can contribute to an organization. These skills can be highlighted during the interview process:

- Language skills
- Global competency
- Flexibility, adaptability in a variety of workplace settings
- Knowledge of world issues, understanding of different cultures and societies.
- Experience in navigating and managing change

Review the Resources

Take a look at our [online resources](#) to help you be prepared for the interview process.

UNDERSTAND THE ADDITIONAL HELP AVAILABLE TO YOU

International students may require assistance filling out visa applications and other employment documents required to work in the United States.

Navigate the System

- Navigating through the US immigration system can be a stressful experience. International students should talk with the Harvard International Office to discuss their visa options or begin by looking through their website's [online visa](#) resources.
- You may also benefit from asking fellow international students about their experience applying for visa sponsorship, CPT, or OPT.
- Here is an [article](#) of the "Top 10 Things Every F-1 Student Should Know" as well as "A [Guide](#) to International Student Work Authorization Options."
- Stanford's "[Employer Guide to Hiring International Students](#)" and San Francisco State University's document on "[What Employers Should Know about Hiring International Students](#)" may also be helpful.
- Here's a [video](#) about "Working in the US as an International Student" as well as [USCIS](#)' "Student and Employment" requirements.
- You can also read this [article](#) in order to discern when and how to disclose with potential employers that you are an international student and may perhaps be seeking sponsorship.

RESOURCES AT HARVARD

- [Woodbridge International Society](#) at Harvard College
- [Harvard International Office](#)
- [Harvard Office of Career Services](#)
- Student Clubs for [undergraduates](#) and [graduate students](#)
- [In Support of International Students](#)-Harvard Gazette

ADDITIONAL RESOURCES

- [OCS Making Connections](#): Provides information on the best way to make professional connections
- [OCS Networked Job Search](#): Tips on how to have a successful job search
- *Power Ties* by Dan Beaudry: This book offers tips on the US job search for international students

- [Ten Job Search Tips for International Students](#): Vault Guides
- [How to Find Jobs as an International Student](#): A step-by-step guide on the job search by International Student Careers.
- [My Visa Jobs](#): Offers the most current listing of employers that offer H1-B visas and you can use the search function based on company name or location
- [H1 Base](#): Provides resources on the immigration process and work authorization information for international students.
- [Uniworld](#): Offers information on employers that have locations in both the U.S. and abroad.
- [Internationalstudent.com](#): Information on the job search and challenges international students may face.
- [AlienAid](#): A nonprofit organization helping students identify factors that can impact available opportunities, offers a mentoring program and advice.