**F-1 Maintenance Quick Reference**

**Academics**
- Maintain full-time enrollment of at least **12 credits** unless approved for a reduced course load (RCL) by a DSO. A RCL may be approved only for select medical or faculty recommendations.
- Attend class per the attendance policy.
- Seek assistance early for failing performance.

**Employment**
- Seek on campus employment only. Off-campus employment, paid or unpaid internships, and select on-campus jobs are **prohibited**.
- Obtain DSO approval before applying for any job.
- Apply for a Social Security Number & SSN card.
- Work a maximum of **20 hours** per week when classes are in session.
- Curricular & Optional Practical Training (CPT/OPT) are available to F-1 students only after a full year of study.

**Contact Info**
Update the Office of Study Abroad within **10 days** for all changes to:
- Residence hall or room
- Phone number(s)
- HPU mailing address
- Permanent home address

**Travel**
- International travel is valid for your entire program length as stated on your I-20, with valid endorsements.
- Students in lawful status have a **60-day grace period** following their program to depart the US.
- Re-entry to the US will not be granted on an F-1 visa during the grace period.
- Carry all immigration documents during all international travel, including signed I-20 with travel endorsements and passport with F-1 visa.

**Your DSO**
Chris Ferguson, Study Abroad Advisor
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