

SALEM STATE UNIVERSITY

CAREER SERVICES

**INTERNATIONAL STUDENTS**

DIVERSE POPULATIONS RESOURCE GUIDE

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# WHO CAN USE THIS GUIDE?

This guide is intended for international students or those who support international students in order to highlight the unique skills that they bring to Salem State as well as provide resources to help them succeed.

# WHAT ARE MY CAMPUS RESOURCES?

There are quite a few resources available to you on campus, but you’ll definitely want to be aware of:

* [Social and Cultural Groups on Campus](https://www.salemstate.edu/campus-life/support-services/diversity-and-multicultural-affairs/social-and-cultural-organizations)
* [Center for International Education](https://www.salemstate.edu/academics/centers/center-international-education/getting-your-student-visa)
* [Career Services](https://www.salemstate.edu/careers)

# HOW CAN I GAIN EXPERIENCE AS AN INTERNATIONAL STUDENT BESIDES WORKING?

There are a variety of ways to gain experience in your field that have nothing to do with working. Career Services is happy to speak more about any of these opportunities and how you can show their value to employers.

* [Get involved on campus in student groups and clubs](https://www.salemstate.edu/campus-life/student-involvement-and-activities)
* Do an internship for credit
* Conduct informational interviews or do a job shadow
* [Volunteer in the community](https://www.salemstate.edu/academics/centers/center-civic-engagement)
* Join a professional association in your field (Ask Career Services how to find one!)
* Check with professors to see if you can get involved in a research project they are working on Check out this resource for more ideas: <http://myworldabroad.com/the4bigthings>

# WHAT CAN CAREER SERVICES DO TO HELP ME NAVIGATE THIS PROCESS?

In addition to this guide, Career Services has walk-in hours and appointments where you can meet with someone on our team members to ask questions. Walk- in hours are great for quick questions. An appointment is a good option if you have a lot of questions or need help with something more in-depth. We talk about resumes or CVs, cover letters, internships or jobs, graduate school, interviews, networking, and more!

We understand that some international students prefer to use an “Americanized” version of their name. We believe in using the names you prefer and will do everything we can to ensure that you are always referred to appropriately in our office. We encourage you to *please speak up* if there’s an error so we can fix it.

# WHEN DO I USE A RESUME INSTEAD OF A CV?

The CV is a document that gets used most frequently internationally and in the academic world. The difference between a resume and a CV is that a CV goes more in depth about personal details. CVs are preferred abroad, but in the US you may want to use a resume instead. Make an appointment with us to discuss how to do it.

# HOW CAN I WORK IN THE US?

International students are able to work in the US with specific restrictions. It is always recommended to check with the [Center for International Education](https://www.salemstate.edu/academics/centers/center-international-education/getting-your-student-visa) to see what specific options are available

* **On Campus Employment (for F1 and J1 visas, with restrictions)**
* **Curricular Practical Training / CPT (for F1 visas only):** Any internship, employment, or practicum related to the student’s field of study
* **Optional Practical Training / OPT (for F1 visas only):** Provides hands-on experience that complements academic program. Eligible for 12 months unless a new academic program is started at a higher level.

# VISAS

While the [Center for International Education](https://www.salemstate.edu/academics/centers/center-international-education/getting-your-student-visa) will have the most relevant information to you, here are a few resources to help you understand more about which visa is right for you and what rights are associated with each one in terms of working in the US.

* <http://www.h1base.com/>
* <https://www.internationalstudent.com/study_usa/preparation/student-visa/>

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# US JOB & INTERNSHIP SEARCH AND RESOURCES

The US job search is different than an international one. Look at these resources to help you with the process: US Citizenship & Immigration Services: <https://www.uscis.gov/>

International Labour Organization: <http://www.ilo.org/global/standards/lang--en/index.htm> Online job database & advice: [http://www.h1visajobs.com/;](http://www.h1visajobs.com/) [http://www.goinglobal.com](http://www.goinglobal.com/) International Alumni Job Search Network: <https://www.ia-jn.com/>

# NAVIGATING US CULTURE AS AN INTERNATIONAL STUDENT

Networking is an essential part of career success. As an international student, you may be wondering how to make sure that you are acting professionally while networking with an American employer. There are a number of cultural differences that you may want to consider. To better understand US culture and the ways it could affect you while networking, check out [this resource](http://www.commisceo-global.com/country-guides/usa-guide) or read [this article](http://www.careerbychoiceblog.com/career_by_choice/2013/06/importance-of-the-right-mindset-and-goals-to-networking.html).

You may also be curious about how differences in culture can affect an interview. At the end of the day, there are lots of benefits associated with being an international student that you can market to an employer. As long as you focus on those benefits, there will be plenty of opportunities available to you!

To get you started on thinking about what you can offer to an employer that an American student may not be able to, consider:

* Language skills
* Technology skills
* Cultural competency
* Global mindset
* International connections
* Adaptability and flexibility
* Strong work ethic and motivation

**ARE ALL OF THE EMPLOYERS YOU WORK WITH WILLING TO WORK WITH INTERNATIONAL STUDENTS?**

Unfortunately, Career Services cannot guarantee that employers will be willing to work with international students, as there are many legal changes and visa requirements currently that affect employers’ ability to handle the paperwork or train international students. However, Career Services is happy to help identify opportunities that fit international student needs on a case-by-case basis.

# COMPANIES WITH A RECORD OF HIRING INTERNATIONAL STUDENTS

APPLE ABBOTT ABBVIE

ACCENTURE CUMMINS DELL DUPONT

EY

GENERAL MOTORS HILTON INC

INTEL CORPORATION

JOHNSON & JOHNSON KPMG

MONSANTO NIELSEN

NORTHROP GRUMMAN PROCTER & GAMBLE PWC

SODEXO

TD BANK

For more, check out: <http://www.diversityinc.com/the-diversityinc-top-50-companies-for-diversity-2017/>

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