
International Student 4 Year Plan

Use your 4 years to plan for a career in the United States.

FRESHMAN

Seek opportunities to converse with Americans.

Attend Working 101 workshop to learn about OPT, H-1s and Permanent Residency.

Explore your interests. Stop by Career Center to meet with a Career Peer. Attend FRESHstart.

SOPHOMORE

Learn your options for on-campus work, CPT, and OPT.

Attend Sophomore GPS. Refine materials for internship, research, or summer job applications.

Participate in a leadership program e.g. LeaderShape or Redefining Community Experience.

JUNIOR

Take ELP course on workplace or research writing.

Meet with OISS advisor re: your plans and work authorization.

Attend Career Fair(s) and Junior Jumpstart; do at least one mock interview. Find summer opportunity.

SENIOR

Take ELP course on presentation skills, networking, and conversations.

Attend OPT workshop.

Attend Career Camp. Understand application and hiring timelines.

To be a successful student and young professional, integrate into the WU, St. Louis, and U.S. cultures:

- Visit local attractions: the Arch, MO Botanical Garden, Grants Farm, Katy Trail, St. Louis Cardinals, etc.
- Follow local and national news through stltoday.com, stlamerican.com, NPR (90.7 FM)
- Enjoy neighborhood food and culture on the Hill, South Grand, Central West End, etc.
- Attend local festivals such as the St. Louis Art Fair, The Forest Park Balloon Glow, and LouFest
- Carve a pumpkin for Halloween and celebrate Thanksgiving with an American family
- Volunteer in the St. Louis community through the Campus Y or Community Service Office

Important Campus Resources

Office for International Students and Scholars (OISS), Stix International House
www.oiss.wustl.edu

English Language Program (ELP), Stix International House
oiss.wustl.edu/english-language-programs/

Career Center, Danforth University Center (DUC)
www.careercenter.wustl.edu

Writing Center, Olin Library
www.writingcenter.wustl.edu

