

## The Benefits of F-1 Optional Practical Training

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### **Ask: We urge members of Congress to communicate their support for Optional Practical Training with the Administration.**

For decades, Optional Practical Training (OPT) has provided international students critical access to experiential learning and benefited the U.S. economy and the American workforce. America's reputation as the top destination for global talent and ultimately, its preeminence in research and innovation, will take a devastating hit—particularly in STEM fields—if OPT is restricted or ended as threatened by the current administration.

OPT is an important incentive for attracting the world's best and brightest students to U.S. campuses. According to research by IDP Education, international students view work-based educational experience as essential to their career preparation, and it is a major factor in considering where to study overseas. And just as domestic students expect their higher education to have internship opportunities pre- and post-graduation, OPT provides their international counterparts the pathway to these same opportunities.

Attracting international students to this country is in our nation's best interest. Many international students in critical STEM fields pursue OPT in medical and scientific research, sustaining the United States as a global leader in these areas.

The U.S. economy benefits from the contributions of international students and the jobs they create for American workers.

- According to a 2023 analysis by the Niskanen Center, “Foreign Students in STEM Don't Hurt American Workers,” experiential learning opportunities like OPT lead to **increased innovation and higher average earnings, without costing U.S. workers their jobs or decreasing U.S. worker wages.**
- A 2019 study by the National Foundation for American Policy focused on STEM found **no evidence that OPT participation reduces job opportunities for U.S. workers.**
- “The Economic Impact of Curbing the Optional Practical Training Program” (2018) report by the Business Roundtable illustrated **significant negative effects on the U.S. economy if OPT were scaled back or curtailed, including job losses impacting U.S. workers.**
- According to NAFSA, international students and their families contributed nearly **\$43.8 billion dollars and more than 387,175 jobs** to the U.S. economy during the 2023-2024 academic year.

Our nation thrives on the contributions of both foreign and domestic talent; policymakers can create opportunities for the American workforce while maintaining this important program. Eliminating or curtailing OPT would degrade the relevancy of a U.S. higher education by removing the key component of applied learning, harm our national and economic security, and deprive U.S. students and institutions of the diverse and enriching contributions international students bring to our campuses.

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