



University of California, San Francisco
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Academic Advisor Recommendation
 for F-1 Optional Practical Training (OPT)

 Name (First, Last)

 Email

 Phone Number

End Date of Academic Program (Expected/Actual) ____/____/____
 Month Day Year

OPT Start *: ____/____/____
 Month Day Year

OPT End: ____/____/____
 Month Day Year

*Be sure to choose a start date within the 60-day grace period following your date of completion. Your OPT end date should be exactly 12 months later, for example if your start date is 2/14/2010, your end date would be 2/13/2011.

Briefly describe the employment experience that you wish to have during OPT (i.e. Postdoctoral training in the field of...). Remember, optional practical training must be related to your field of study and appropriate to your educational level.

ADVISOR RECOMMENDATION

I certify that the student indicated above, given continued normal progress, will complete studies on the date indicated above. The employment proposal above is related to and commensurate with the level of the student's course of study.

 Advisor Name (printed)

 Signature

 Title

 Department

 Telephone

 Date