10 Ways to use as an International Student/Postdoc

Career Services, University of Pennsylvania 1926–2026

1. Activate your Handshake account and complete your profile by filling out your education, experiences, and career interests to receive customized information on programs/events tailored to your career goals. Make your profile "public" so employers and other Penn students can connect with you.

2. Visit Interstride, a platform built specifically for international students to support your career and immigration journey. Find listings of international student-friendly jobs, online webinars, visa resources, and data on sponsoring employers.

3. Connect with your advisor at ISSS and discuss your options for working on campus, getting an internship, and applying for your pre- and post-graduation work authorization. Use this information to create a timeline for when you need to be applying/submitting documents for work permission.

4. Find answers to your questions about different career fields by networking. Update your LinkedIn profile and learn how to use the LinkedIn alumni tool to engage with >200,000 Penn alumni/current students; for a Penn-specific network, use myPenn. Take a free professional headshot at Career Services' office.

5. Take advantage of your free access to LinkedIn Learning to update your technical and professional skills relevant to your future careers.

6. Learn about career paths of Penn graduates by looking at the Career Plans Outcomes data to see whether these align with your skills, interests, and values. Use the interactive data on U.S. Employers Hiring International Penn Students to explore your options.

7. Sign into the Career Services website with your PennKey and set up your industry/affinity preferences to receive a relevant weekly newsletter with jobs, events, and resources. Visit the international students' community page to get specific information on career tools and resources for international students.

8. Search for in-person or virtual events on Handshake, including workshops, panels, career fairs, employer info sessions, coffee chats, and tech talks. Watch recorded workshops and more on the Career Services YouTube channel. Follow and subscribe to get notified of new content.

9. Schedule a 1-on-1 advising appointment with a Career Advisor through Handshake to discuss your future career goals and plan next steps. Check to see if you are served by Penn Career Services

10. Interested in applying to graduate or professional school? Get specific advice on eligibility, timelines, and application materials from one of our advisors on the Pre-Graduate Advising team through Handshake.

To access all the links:

https://bit.ly/3KWyUan

ESSENTIAL RESOURCES

Click the links below to explore our career resources!

Career Exploration & Employer/Industry

Interstride: an all-in-one platform for international students with jobs listings sortable by visa type, information on which companies sponsor for which positions, regular webinars and events for international students on job search and visa issues, and a way to easily network with other international Penn students and alumni
GoinGlobal: includes a searchable H-1B database of employers who have sponsored international employees
CareerExplorer: a skills assessment platform to support your career exploration
Beyond Graduate School: a complete career development platform specifically for Master's students
PhD Career Training Platform: a complete career development platform specifically for PhD students/postdocs
Forage: self-paced, virtual work experience programs which replicate work at top companies
CareerShift: a robust company and contact database to facilitate networking (video overview here)
Vault Career Guides
First Destination Outcomes Data for Graduate Students
U.S. Employers Hiring International Penn Students

Networking

Free professional headshots
MyPenn (video overview here)
Penn alumni on LinkedIn (video overview here)
LinkedIn Masterclass
Informational Interviewing Guide for Graduate Students/Postdocs
Cultivating Professional Connections

Resume/Cover Letter

Vault Resume Guide
Big Interview Resume Video Curriculum
Resume Guide for Design Students
Cover Letter Guide for Design Students
Resume Guide for Graduate Students/Postdocs



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Interviewing & Negotiating

Interviewing Guide for Graduate Students/Postdocs
Big Interview (video overview here)
Management Consulted: practice for consulting case interviews
Aced: prepare for tech interviews in product management, engineering, and more
Negotiation Guide for Graduate Students and Postdocs

General Career Resources

Career Services Website
Handshake
The Wardrobe: obtain new or gently used professional clothing for free, courtesy of Penn University Life
Upcoming Career Fairs
Penn Career Services YouTube channel
Career Services page for International Students
International Student Resources from the Grad Center
ISSS (International Student & Scholar Services)
E-Verify: information on companies participating in the E-verify process to be eligible for STEM OPT extension
LinkedIn Learning
International students' community page on Penn Career Services website
Applying to Graduate School