

How To Search Interstride

To access Interstride:

Go To: <https://www.interstride.com/stanford-university/>

Log In: stanford.edu or alumni.stanford.edu

Dashboard

Jobs

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DASHBOARD

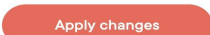
The home dashboard highlights news and articles on immigration, H1-B visas, and employment trends around the globe.

JOBS



Search Jobs

The database contains opportunities from employers who have sponsored international candidates in the past.

- Click on Jobs in the top menu.
- Select Search Jobs in the sub menu below.
- In the Search & Filter index:
 - *Keyword:* Enter a position name (i.e. data science or data analytics). Include the term intern, entry level, new grad or PhD after the position name.
 - *Country:* United States
 - *U.S. Visa:* Select All Companies to search the top 500 companies that sponsor H1-B visas and Cap-exempt employers which are nonprofits and educational institutions that do not need to go through the lottery.
 - For most private companies there is a H1B visa quota - 85,000 - but for nonprofit/higher education there is no quota)
 - *State:* Select an area of the country you wish to live
 - *Positions:* Select All (both fulltime and internships).
- Click 



Job Alerts

Save your search criteria

- click [Save search](#) at the bottom of the Search & Filter index.
- Choose a title for your search and how often you would like to receive an email notification of new jobs
- You can find all your saved searches under Job Alerts in the sub menu at the top of the page




U.S. Visa Insights

In this section you will find a list of employers who have filed petitions for international candidates. Knowing the employers who have filed petitions, for which positions and at what level of experience, will help you target your job search.

In the Search & Filter index to the left

- *Visa Type*: Select appropriate visa (H-1B, OPT).
- *Industry*: Select an industry (i.e. Banking & Finance) or leave open.
- *Year*: Select 2021.
- *State*: Select the area of the country you wish to live.

From the list of employers that match your search criteria:

- Choose an employer and click on [View](#) to see what roles have been sponsored.
- Next to a role, click on the  located by number of petitions, to see the level of experience sponsored
 - Entry level
 - Qualified (mid-level),
 - Experienced (managers),
 - Fully competent (executives and CEO).
- Discovering which employers hire entry level employees will help you target your search.



Country Insights

This section provides information on 150 countries, including visa and work permits, healthcare, travel, cost of living, working, housing and more.

LEARN



Webinars

Live and pre-recorded seminars on:

- Job Search for International Students
- Work Visa Alternatives to H-1B Visas
- Career Networking in the U.S.
- Mental Health and Wellness



Resources

A selection of podcasts, videos, and articles, including:

- Mistakes to avoid in the job search
- The Job Search Process
- Networking
- Career Readiness



Student Services

Outside services available to international students living in the U.S, including:

- Internet
- Mobile
- Credit
- Bank

ADDITIONAL RESOURCES

- [Bechtel International Center: Employment](#)