



# How To Submit the Cap Gap I-20 Request in MyiSCU

Select the Cap Gap I-20 Request eForm under the F-1 Practical Training Menu

The screenshot shows the 'F-1 Practical Training' menu in MyiSCU. On the left, a vertical navigation bar contains the following items: 'Home', 'F-1 Practical Training' (highlighted with a yellow box and a blue arrow pointing to it), 'F-1 Student Services', and 'View My Information'. The main content area is titled 'F-1 Practical Training' and features a 'Tasks' section with a grid of buttons. The 'Cap Gap I-20 Request' button is highlighted with a yellow border and a blue arrow pointing to it. Other buttons in the grid include 'OPT Reporting', 'OPT Update Contact Information', 'SEVP Portal Reset Request', 'STEM OPT Reporting', 'View my OPT Information', and 'STEM OPT Extension Request'.

| F-1 Practical Training     |                                |
|----------------------------|--------------------------------|
| Home                       | F-1 Practical Training         |
| F-1 Student Services       |                                |
| View My Information        |                                |
|                            |                                |
| <b>Tasks</b>               |                                |
| Cap Gap I-20 Request       | OPT Reporting                  |
| SEVP Portal Reset Request  | OPT Update Contact Information |
| STEM OPT Reporting         | View my OPT Information        |
| STEM OPT Extension Request |                                |



Enter the required information and click Submit.

## Cap Gap I-20 Request

*(\*) Information Required*

Requesting a Cap Gap I-20 signifies that you plan to rely on Cap Gap and therefore that you do not plan to file a STEM OPT Extension. If you request a Cap Gap I-20, we will not process a STEM OPT extension on your behalf without an appeal.

An H-1B Receipt Notice is Required to Request a Cap Gap I-20.

Please review our [Life After F-1 website](#) for more information on Cap Gap and eligibility.

OPT status: No OPT on file

Please upload your H-1B Receipt Notice (not the selection receipt). \*

Select File

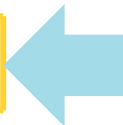
Do you have any upcoming international travel plans?\*

Yes

No

Save Draft

Submit



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