OPT Job Search & Unemployment Clock | OPT 求职与失业天数追踪

Fill the yellow cells only. 只需填写黄色单元格，其余全部自动计算。

Your name 姓名	**Alex Chen 陈同学**	Optional 可选
Post-completion OPT EAD start 毕业后OPT工卡开始日	**2026-06-02**	'Valid From' date on your EAD card. 工卡上的 Valid From 日期。
Post-completion OPT EAD end 毕业后OPT工卡结束日	**2027-06-01**	'Card Expires' date. 工卡上的到期日。
STEM OPT EAD start (if any) STEM延期开始日（如有）		Leave blank if not on STEM OPT. Limit becomes 150 days when filled. 未申请STEM请留空；填写
STEM OPT EAD end (if any) STEM延期结束日（如有）		Leave blank if not on STEM OPT. 未申请STEM请留空。
'Today' override (optional) 指定今天日期（可选）	**2026-11-20**	Leave blank to use the real date. 留空则自动使用今天。
Weekly application goal 每周投递目标	**15**	Used on the Weekly Plan tab. 用于每周计划页。

HOW TO USE 使用步骤

1. Enter your EAD dates above. 在上方填入工卡日期。
2. Jobs 工作记录: add every OPT job (start/end, hours per week, related to degree). Leave End blank if you still work there. 记录每一份OPT工作；仍在职请将结束日留空。
3. Applications 求职: log each application and update its status from the dropdown. 每投一份简历记一行，并用下拉菜单更新状态。
4. Dashboard 仪表盘: see unemployment days used / left, your status light, and pipeline stats. 查看已用/剩余失业天数、状态灯和求职漏斗。
5. Deadlines 关键日期 and Weekly Plan 每周计划 update automatically. 关键日期和每周计划自动更新。

IMPORTANT 重要声明

This is a personal planning tool, not legal advice and not an official SEVIS record. Rules summarized from 8 CFR 214.2(f) and ICE SEVP / Study in the States guidance (checked Nov 2026).

Your DSO and the SEVP Portal are the official source for your unemployment count. Talk to your DSO before you get close to the limit.

本表格仅为个人规划工具，不构成法律建议，也不是官方SEVIS记录。官方失业天数以 DSO 和 SEVP Portal 为准；接近上限前请尽早联系学校 DSO。

Dashboard 仪表盘

Everything here is automatic. 本页全部自动计算。

Today 今天	2026-11-20
On STEM OPT? 是否STEM延期	No 否
Unemployment limit 失业天数上限	90
Authorization window ends 工作许可截止	2027-06-01
Unemployment days USED 已用失业天数	78
Unemployment days LEFT 剩余失业天数	12
Status 状态	ORANGE: critical 危险
Employed today? 今天是否在职	Yes 在职
Last day of limit if no job starts 若一直未就业，上限到	-
Days of EAD left 工卡剩余天数	193
% of unemployment allowance used 已用比例	87%
Applications total 投递总数	38
Applications last 7 days 近7天投递	0
Response rate (OA/interview/offer) 回复率	26.3%
Follow-ups due now 待跟进	14
Upcoming interviews/tests (14 days) 14天内面试/笔试	0
Applied to H-1B sponsors 投递担保公司数	12

Job search pipeline 求职漏斗

Applied 已投递	14
OA / Test 笔试	2
Interview 面试	4
Final Round 终面	3
Offer 录用	1
Rejected 被拒	4
No Reply 无回复	10
Withdrawn 已撤回	0

Allowance 额度

Used 已用	78
Left 剩余	12

Jobs 工作记录

One row per OPT job. Unemployment = days in your EAD window not covered by a qualifying job (weekends count). 失业天数 = 工卡有效期内未被合格工作覆盖的天数（含周末）。

Employer 雇主	Start 入职日	End 离职日 (blank = current 在职留空)	Hours / week 每周工时	Related to degree? 与专业相关?	Paid? 有薪?	E-Verify employer? (STEM only)	Counts for OPT? 是否算就业	Report to DSO by (start) 入职报告截止	Report to DSO by (end) 离职报告截止	Reported? 已报告?	Days on job 在职天数	Notes 备注
Acme Analytics (intern)	2026-07-06	2026-08-28	25	Yes	Yes	No	Yes	2026-07-16	2026-09-07	Yes	54	
Northwind Data Inc.	2026-10-12		40	Yes	Yes	Yes	Yes	2026-10-22		Yes	40	

Applications 求职记录

Log every application. Follow-up date auto-sets to 7 days after applying while status is 'Applied'. 状态为“已投递”时自动在7天后提醒跟进。

#	Company 公司	Role 职位	Location 地点	Date applied 投递日	Source 渠道	Sponsors H-1B? 是否担保	E-Verify? (for STEM)	Status 状态
1	Northwind Data	Data Scientist	Seattle, WA	2026-08-31	Recruiter 猎头	Unknown 未知	Yes 是	Offer 录用
2	Contoso Labs	Product Analyst	New York, NY	2026-09-01	Career fair 招聘会	Unknown 未知	Yes 是	No Reply 无回复
3	Fabrikam AI	Business Analyst	New York, NY	2026-09-03	Handshake	No 否	No 否	Applied 已投递
4	Tailspin Health	Data Analyst	Remote	2026-09-05	Recruiter 猎头	Yes 是	Unknown 未知	Applied 已投递
5	Litware Cloud	Business Analyst	Boston, MA	2026-09-07	LinkedIn	Unknown 未知	Unknown 未知	Interview 面试
6	Adatum Fintech	Business Analyst	New York, NY	2026-09-09	Company site 官网	No 否	No 否	Applied 已投递
7	Proseware	Data Analyst	Remote	2026-09-11	Indeed	Unknown 未知	Unknown 未知	Applied 已投递
8	Wingtip Retail	Product Analyst	Remote	2026-09-13	Referral 内推	No 否	Yes 是	Rejected 被拒
9	Blue Yonder Air	Data Analyst	Remote	2026-09-15	LinkedIn	Unknown 未知	Yes 是	Final Round 终面
10	Coho Analytics	Product Analyst	Austin, TX	2026-09-17	Career fair 招聘会	No 否	Unknown 未知	No Reply 无回复
11	Fourth Coffee Tech	Data Scientist	San Jose, CA	2026-09-19	Referral 内推	Yes 是	Unknown 未知	No Reply 无回复
12	Lucerne Media	Data Analyst	Remote	2026-09-20	Indeed	Unknown 未知	No 否	No Reply 无回复

PREVIEW / 预览 • end of preview 预览结束

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This preview is from the filled SAMPLE file, not the blank tracker.

预览来自已填写的 SAMPLE 示例文件，不是空白表。

SAMPLE uses a fictional student (Alex Chen 陈同学) and fictional employers.

The full download also includes the blank .xlsx and a 7-page bilingual Quick-Start PDF.

Dashboard charts are in the spreadsheet; they were left out of this preview so the numbers stay readable.

Full product page 完整产品页

https://qazmaster10.gumroad.com/l/oqvms

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