

## Ruth L. Kirschstein National Research Service Award (NRSA)

AKA: NIH Predoctoral Grants

---

---

---

---

---

---

---

---

### Types of NRSA

- F30: For Individual Predoctoral MD/PhD Fellows
- F31: For individual Predoctoral PhD Fellows
- F31: PA-07-106, For individual Predoctoral PhD Fellows To Promote Diversity in Health-Related Research
- T32 Institutional Training Grants

---

---

---

---

---

---

---

---

### NRSAs provide Up to 5 years of support

- Stipend (\$20,772/yr)
- Tuition and fees (60% of the amount requested, up to \$16,000/yr. For F30, up to \$21,000/yr)
- Training related expenses, including health insurance, travel, books, supplies (\$4,200/yr)

---

---

---

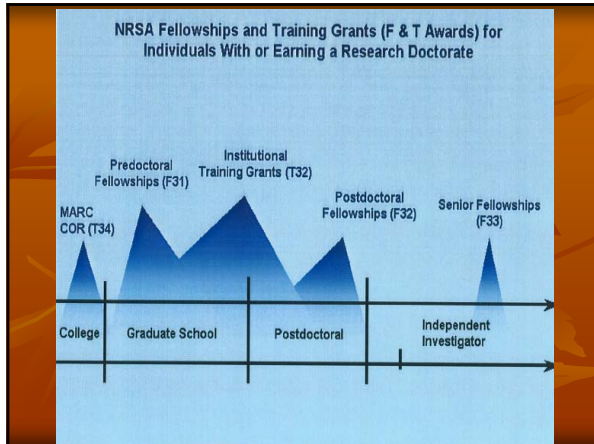
---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

**Why should I apply?**

- Looks good on a CV
- Establishes an early record of funding, allowing you to network early and establish relationships within NIH institutes
- Excellent experience that will be useful as you move up the ladder
- Helps you focus your research question; may reduce time in graduate school
- Funding safety net

---

---

---

---

---

---

---

---

### Who can apply?

- U.S. Citizen
- Non-citizen nationals
- Permanent Residents
- Students with permanent residency *pending*

---

---

---

---

---

---

---

---

### Which institutes support F31s?

- NIA
- NIAAA
- NIDA
- DIDCD
- NIMH
- NINDS
- ODS
- NCCAM

---

---

---

---

---

---

---

---

### What does an F31 look like?

- Applicant section
- Letters of reference (3)
- Sponsor and Training Environment
- Research Training Plan (including human subjects, vertebrate animals, biohazards)
- Additional letters from expert who'll be teaching you new technique
- Training in the responsible conduct of research\*

---

---

---

---

---

---

---

---

**Applicant section (33%)**

- Include all data requested!! (undergraduate and graduate school grades, GPA, GRE, etc)
- Goals for Fellowship training and Career
  - Specifically outline what you'd like to learn and how this will help you achieve your long term goals.
  - How will having this award improve your research training?

---

---

---

---

---

---

---

---

**Sponsor and Training Environment (33%)**

- This section must be written by your sponsor
- Needs a DETAILED training plan – not just for research, but all aspects of your graduate training and career skills. Must convince reviewers that he/she has thought about this plan specifically for YOU!
- Include all information requested (previous students, how long it took them to finish, if any had pre- or post-doctoral awards)

---

---

---

---

---

---

---

---

**Sponsor, etc (Cont)**

- Include timeline to meet various goals: Paper submissions, meeting attendance, qualifying exam/proposal defense, dissertation defense
- Institutional commitment to training of students (facilities, interactions with others in the dept/university, centers, etc)
- Demonstrate resources are available to support your research even without this grant

---

---

---

---

---

---

---

---

### Sponsor (Cont)

- If sponsor is new or junior faculty member with little or no history of training students, consider co-mentor who HAS a good history of mentoring students.
- Co-mentor should include information under sponsor section, but a letter of support from this individual will not count as one of 3 letters of reference.
- If no co-mentor, describe frequent meetings with dissertation committee for more oversight

---

---

---

---

---

---

---

---

### Research Training Plan (33%)

- Scientific merit
- Is background information sufficient to support the scientific questions to be tested?
- Demonstrate understanding of techniques and analysis of the data generated
- Should include new skills to be learned – not a continuation of what you already know!
- TRAINING MECHANISM!

---

---

---

---

---

---

---

---

### Research Subjects and Hazards

- Vertebrate animals: justify and explain numbers, strain, methods of euthanasia, surgeries, etc
- Human subjects (inclusion of women, children, minorities; protection from risk)
- Biohazards: describe safety procedures/how you will be protected

---

---

---

---

---

---

---

---

## Responsible Conduct of Research

- This must be adequate AND ongoing.
- Each semester or throughout the year, engaged in formal discussions with faculty about various aspects of research.
- This is not currently a scoring criteria, but they keep threatening to make it one!

---

---

---

---

---

---

---

---