

# National Research Service Awards (NRSAs)



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**OFFICE OF CAREER DEVELOPMENT**

**BIOMEDICAL RESEARCH EDUCATION & TRAINING**

# Resources



## Applying for Individual National Research Service Award (NRSA) Fellowships

Resources compiled by the BRET Office of Career Development

### Table of Contents

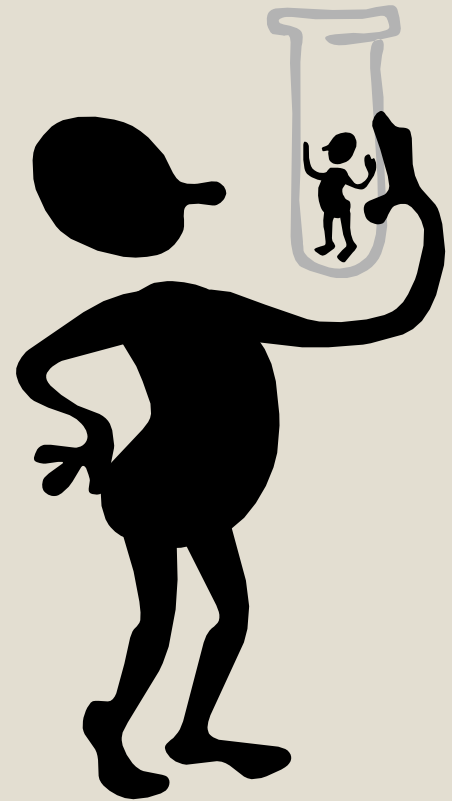
<b>Section I: Getting Started</b>	
“Quick Start” Guide to Applying for NRSA Fellowships.....	2
NIH Institutes and Centers that Fund Individual NRSA Fellowships.....	3
NRSA Fellowship Submission Deadlines and Application Forms.....	4
<b>Section II: Writing Your Proposal</b>	
All about Program Officers.....	5
Tips for Interacting with Program Officers.....	6
Example Email Correspondence with Program Officer.....	7-8
Tips for a Successful NRSA Fellowship Application.....	9-11
Grantsmanship Tips from the NIH.....	12-13
Excerpt from Update on Requirement for Instruction in the Responsible Conduct of Research.....	14-16
<b>Section III: Proposal Review</b>	
What Happens to Your Grant Application: A Primer for New Applicants.....	17-18
Insider’s Guide to Peer Review.....	19-20
Scoring System and Procedures.....	21-24
F Awards, Review Criteria at-a-Glance.....	25
Definitions of Criteria and Considerations for F Critiques.....	26-28
F30 – Guide for Reviewers.....	29
F31 Diversity – Guide for Reviewers.....	30
F31 – Guide for Reviewers.....	31
F32 – Guide for Reviewers.....	32
<b>Appendix</b>	
Additional Web Links for NRSA Fellowships.....	33

- **Guide to Writing NRSAs**
  - “Quick Start” guide
  - Links to forms
  - Lots of tips & advice!
- **“Boiler plate” text about institutional resources**
- ***Navigating Vanderbilt’s grants process: Dec 16***
- **VICTR studios**  
(<https://starbrite.vanderbilt.edu>)

# Ruth L. Kirschstein National Research Service Award



- Awarded to institutions and individuals by the NIH to fund the training of predoctoral and postdoctoral fellows
- *To ensure that a diverse pool of highly trained scientists is available in adequate numbers ... to address the Nation's biomedical, behavioral, and clinical research needs*



# Goal: to facilitate the training of new scientists



- A great research plan is necessary, but not sufficient
- NIH wants to see other activities that contribute to your development as a scientist:
  - Meet regularly with advisor
  - Professional development workshops
  - Journal clubs
  - Seminar series
  - Scientific meetings
  - Collaborations
  - Didactic courses
  - Lab meetings
  - Works-in-progress
  - Departmental retreats
- Highlight these activities in “sponsor’s training plan” and “goals for training and career”

# Two types of NRSAs



- Institutional Training Grants (“T” Awards)
- Individual Fellowships (“F” Awards)
  - **F32 for Individual Postdoctoral Fellows**
  - **F31 for Individual Predoctoral Fellows to Promote Diversity in Health-Related Research**
  - **F31 for Individual Predoctoral Fellows**
  - **F30 for Individual Predoctoral MD/PhD Fellows**

# Eligibility



- US citizen, non-citizen national or permanent resident



- **Limited duration of *aggregate* support = T + F**

Predoc (F30/531): 5-6 years

Postdoc (F32) 3 years (= *don't be on a T too long!*)

- Diversity F31s: (A) underrepresented racial or ethnic group; (B) individual with disabilities; (C) individuals from socially, culturally, economically, or educationally disadvantaged backgrounds that have inhibited their ability to pursue a career in health-related research (PA-11-112)



# Not every IC funds all types of NRSAs!



## Read the program announcement for a list of funding ICs

### Department of Health and Human Services

#### Part 1. Overview Information

<b>Participating Organization(s)</b>	National Institutes of Health ( <a href="#">NIH</a> )
<b>Components of Participating Organizations</b>	<p>National Cancer Institute (<a href="#">NCI</a>)            National Institute on Aging (<a href="#">NIA</a>)            National Institute on Alcohol Abuse and Alcoholism (<a href="#">NIAAA</a>)            National Institute on Deafness and Other Communication Disorders (<a href="#">NIDCD</a>)            National Institute on Dental and Craniofacial Research (<a href="#">NIDCR</a>)            National Institute of Diabetes and Digestive and Kidney Diseases (<a href="#">NIDDK</a>)            National Institute on Drug Abuse (<a href="#">NIDA</a>)            National Institute of Environmental Health Sciences (<a href="#">NIEHS</a>)            National Institute of Mental Health (<a href="#">NIMH</a>)</p> <p><b>Special Note:</b> Applicants are cautioned that not all NIH Institutes and Centers (ICs) participate in this program, and that consultation with relevant IC staff prior to submission of an application is strongly encouraged. The participating ICs have different emphases and program requirements for this program. Therefore, a prospective applicant is urged to consult the <a href="#">Table of IC-Specific Information, Requirements and Staff Contacts</a> to determine whether the planned research and training falls within the mission of one of the participating NIH ICs.</p>
<b>Funding Opportunity Title</b>	<b>Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral MD/PhD and Other Dual Doctoral Degree Fellows (Parent F30)</b>
<b>Activity Code</b>	<a href="#">F30</a> Individual Predoctoral NRSA for M.D./Ph.D. Fellowships
<b>Announcement Type</b>	Reissue of <a href="#">PA-10-107</a>
<b>Related Notices</b>	None
<b>Funding Opportunity Announcement (FOA) Number</b>	<b>PA-11-110</b>
<b>Companion FOA</b>	None
<b>Number of Applications</b>	See <a href="#">Section III, 3. Additional Information on Eligibility</a>
<b>Catalog of Federal Domestic Assistance (CFDA) Number(s)</b>	93.273, 93.173, 93.279, 93.113, 93.282, 93.853, 93.866, 93.847, 93.121
<b>FOA Purpose</b>	The purpose of the Ruth L. Kirschstein National Research Service Awards (Kirschstein-NRSA) is to provide support to individuals for combined MD/PhD and other dual doctoral degree training (e.g. DO/PhD, DDS/PhD, AuD/PhD). The participating Institutes award this Kirschstein-NRSA individual fellowship (F30) to qualified applicants with the potential to become productive, independent, highly trained physician-scientists and other clinician-scientists, including patient-oriented researchers in their scientific mission areas. This funding opportunity supports individual predoctoral F30 fellowships with the expectation that these training opportunities will increase the number of future investigators with both clinical knowledge and skills in basic, translational or clinical research.
<b>Key Dates</b>	
<b>Posted Date</b>	February 10, 2011
<b>Open Date (Earliest Submission Date)</b>	March 13, 2011
<b>Letter of Intent Due Date</b>	Not Applicable
<b>Application Due Date(s)</b>	<a href="#">Standard dates</a> apply
<b>AIDS Application Due Date(s)</b>	<a href="#">Standard dates</a> apply
<b>Scientific Merit Review</b>	<a href="#">Standard dates</a> apply





# “F kiosk” lists fellowship PAs



[http://grants.nih.gov/training/F\\_files\\_nrsa.htm](http://grants.nih.gov/training/F_files_nrsa.htm)

## F Kiosk – Information about Ruth L. Kirschstein NRSA Individual Fellowship Funding Opportunities

Mechanism	Program Description
Policies and Notices	<a href="#">NRSA Policy Issues</a>
<b>F30</b>	NIH: <a href="#">Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral MD/PhD and Other Dual Doctoral Degree Fellows (Parent F30)</a> (PA-11-110) NHLBI: <a href="#">NHLBI Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral MD/PhD Fellows (F30)</a> (PA-11-125)
<b>F31</b>	NIH: <a href="#">Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral Fellowships to Promote Diversity in Health-Related Research (Parent F31 - Diversity)</a> (PA-11-112) NIH: <a href="#">Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral Fellows (Parent F31)</a> (PA-11-111) NINR: <a href="#">NINR Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral Fellows In Nursing Research (F31)</a> (PAR-11-117) NINDS: <a href="#">NINDS Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral Fellows in MD-PhD programs (F31)</a> (PAR-11-127) NIGMS: <a href="#">Ruth L. Kirschstein National Research Service Awards (NRSA) for Individual Predoctoral Fellows in PharmD/PhD Programs (F31)</a> (PA-11-129)
<b>F32</b>	NIH: <a href="#">Ruth L. Kirschstein National Research Service Awards (NRSA) for Individual Postdoctoral Fellows (Parent F32)</a> (PA-11-113) NIAMS: <a href="#">Ruth L. Kirschstein National Research Service Awards for Individual Postdoctoral Fellowships in Muscular Dystrophy Research (F32)</a> (PA-11-075)

# Find IC that funds the mechanism you need!



- **F32 Postdoctoral**
  - **F31 Diversity Predoctoral**
- Funded by nearly all ICs
- **F30 MD/PhD Predoctoral:** NIA, NIAAA, NIDCD, NIDA, NIMH, NIDDK, NIEHS, NCI, NHLBI, NINDS (F31)
  - **F31 Predoctoral:** NIA, NIAAA, NIDCD, NIDA, NIMH, NIDCR, NCCAM, NCI, NINR

# ICs fund NRSAs at different levels



Source: *The NIH Data Book* <http://report.nih.gov/NIHDatabook/Charts/Default.aspx?showm=Y&chartId=217&catId=17>

Legend: <= 25 50 75 100 125 150 175 200 300 400 500 1000 1500 2000 > 2000

Career Stage	NIGMS	NIAID	NHLBI	NIMH	NINDS	NCI	NICHD	NIA	NIHES	NIDDK	NIDA	NIDCD	NIBIB	NIDCR	NIAAA	NINR	NEI	NHGRI	NIAMS	NCCAM	NCRR
Pre-Doctoral	3,839	664	638	533	476	470	428	322	311	294	284	206	206	202	161	150	144	135	81	28	17

Career Stage	NHLBI	NCI	NIDDK	NIAID	NIGMS	NIMH	NICHD	NINDS	NIDA	NIAMS	NIA	NIHES	NIAAA	NIDCR	NIDCD	NEI	NCRR	NINR	NIBIB	NHGRI	NCCAM
Post-Doctoral	1,284	951	786	589	533	453	360	293	237	209	198	162	124	124	121	84	83	57	57	35	28



NHLBI funded  
1284 postdoctoral  
fellowships



NCCAM funded 28  
postdoctoral  
fellowships

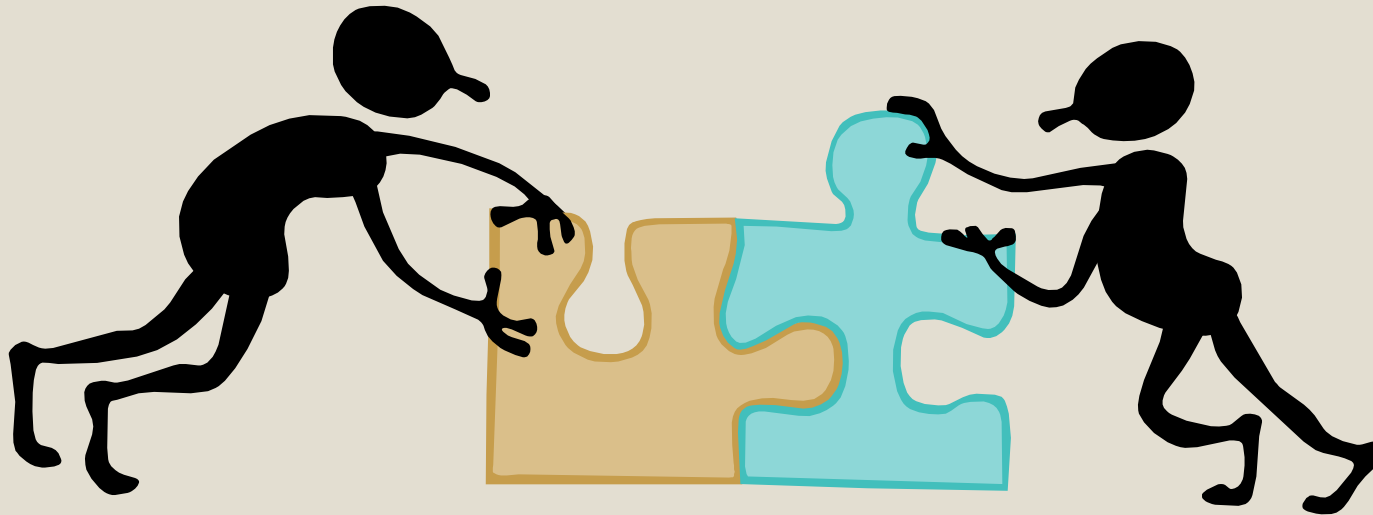
# Summary: find an IC that funds...



the mechanism you need (i.e. F30, F31, or F32)

+

the kind of research you propose to do



# The “special note” has IC-specific guidelines



## Department of Health and Human Services

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Scientific Merit Review	<a href="#">Standard dates</a> apply



# Table of IC-Specific Information & Contacts



Contact	IC-Specific Information
<b>National Cancer Institute</b> Email: <a href="mailto:Aguilah@mail.nih.gov">Aguilah@mail.nih.gov</a>	The NCI provides support for training leading to the Ph. D., M.D./ Ph.D., or other combined professional and doctoral degree in basic or population-based cancer research or cancer prevention.
<b>National Eye Institute</b> Email: <a href="mailto:agarwalnee@mail.nih.gov">agarwalnee@mail.nih.gov</a>	None.
<b>National Heart, Lung, &amp; Blood Institute</b> Email: <a href="mailto:rothgeba@mail.nih.gov">rothgeba@mail.nih.gov</a>	NHLBI requires a Data and Safety Monitoring Plan for human subjects research with more than minimal risk. The NHLBI supports training individuals to be productive researchers in the causes, diagnosis, treatment, and prevention of diseases of the heart, blood vessels, lungs, and blood; and in the uses of blood and blood resources.
<b>National Human Genome Research Institute</b> Email: <a href="mailto:bettie_graham@nih.gov">bettie_graham@nih.gov</a>	The NHGRI is especially interested in supporting individuals from diverse backgrounds. The Institute's " <a href="#">A Vision for the Future of Genomics Research</a> " can be found online. NHGRI staff encourage prospective applicants to contact them to discuss potential research training projects.

# Examples: Institute-Specific Guidelines



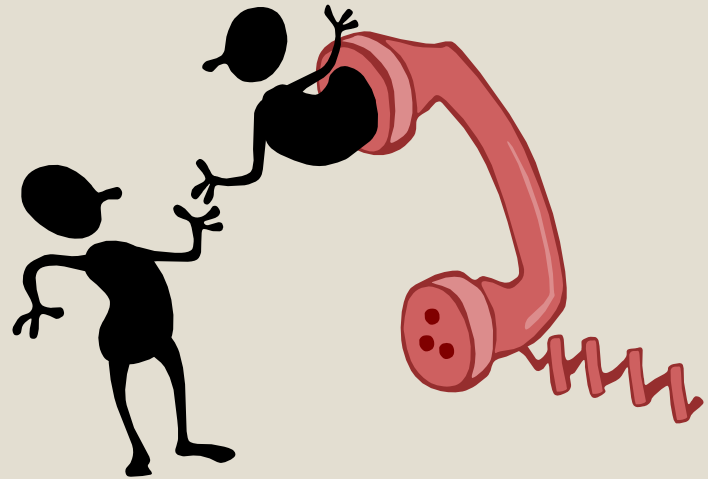
- “[for F31 from NINDS] Support will be provided for a maximum of 3 years”
- “Ph.D. postdoctoral fellows with more than three years of research postdoctoral experience may wish to consider applying for the NIDDK K01 Award”
- “[for F32] NIGMS policy is to provide support for 3 years minus any time that the fellow has already spent in the sponsor's laboratory at the time of the award”

# Call the Program Officer (P.O.)



- Program Officer (a.k.a. Program Director or Project Officer) = 'consultant' for scientists seeking funding
- Be ready to describe (1) project goals & specific aims (2) how your project relates to IC funding interests

Confirm that IC is interested in funding your type of project!

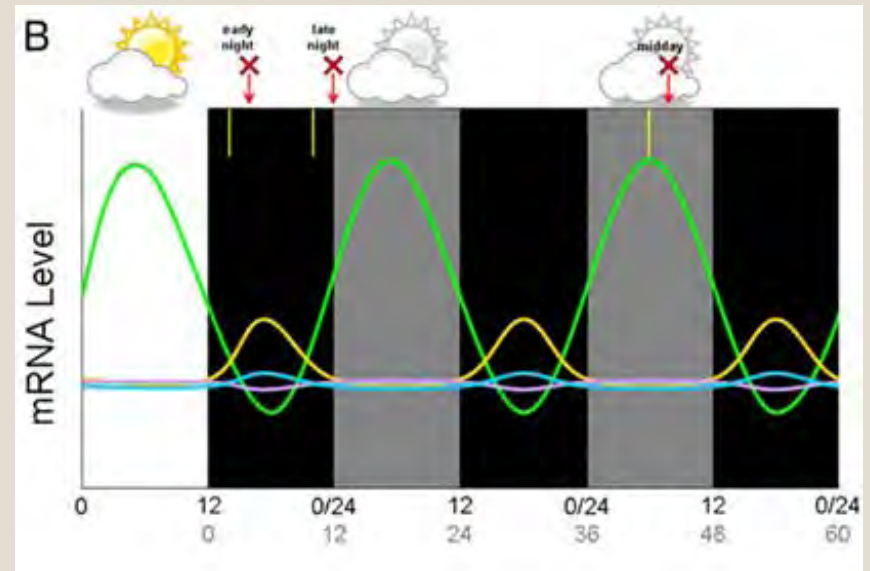




# Don't skip the call to the P.O.



- F31 funded by NIMH
- F32 funded by NINDS
- K99/R00 funded by NIGMS



Gamble K L , Ciarleglio C M J. *Neurosci.* 2009;29:  
11717-11719

# Standard receipt dates



Mechanism	Cycle I	Cycle II	Cycle III
F30 and F31 MD/PhD F31 General F32 Postdoctoral	April 8	August 8	December 8
F31 Diversity Predoc	April 13	August 13	December 13



Review process takes 5-6 months, funding decision can take longer

Applications can be revised and re-submitted **once**

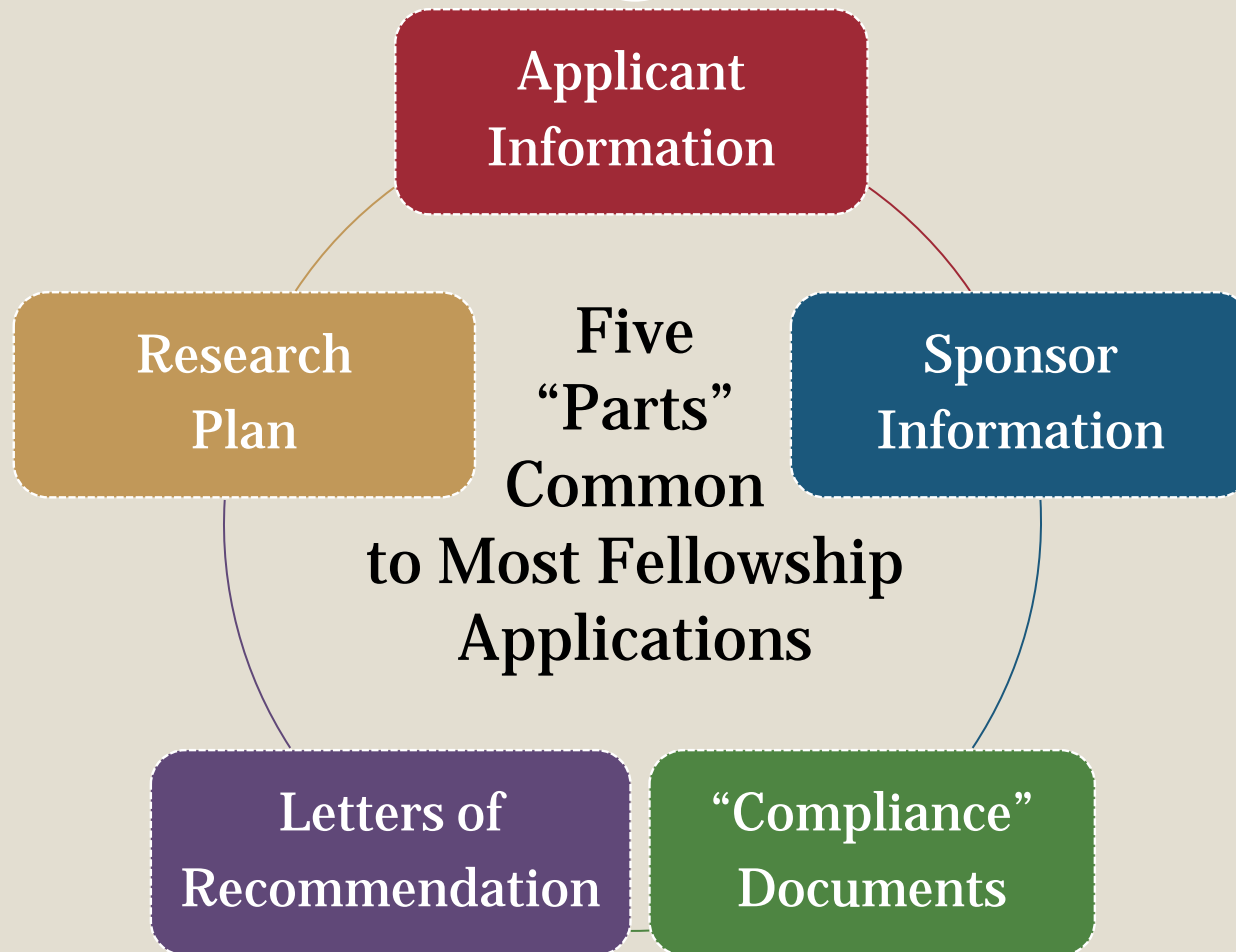
# Initial preparation to apply



- Read the Program Announcement and Application Guide
- Tell your departmental grants administrator you plan to apply, at least 6-8 weeks in advance.



# Application Components



# Application Components



Applicant  
Information



- **Biosketch**
- **Goals for Fellowship Training & Career**
- Grades/GREs
- Past Research Experience
- Selection of Sponsor and Institution
- Activities Planned Under This Award

# Application Components



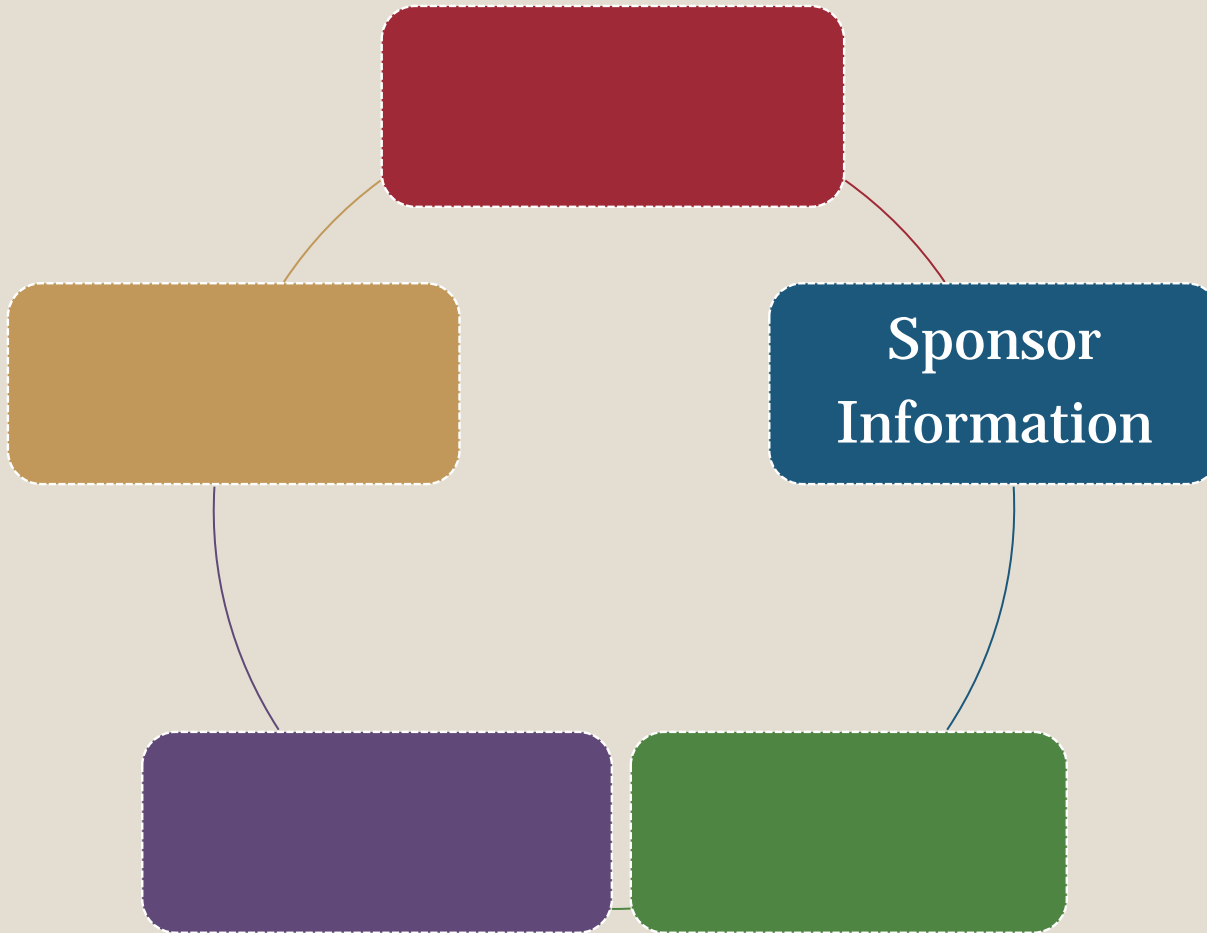
- **Specific Aims**
- **Background & Significance**
- **Preliminary Data**
- **Proposed Studies**
- **Bibliography**

# Application Components



- 3 letters
- NOT including sponsor
- choose people who can comment on your scientific ability and potential for a research career
- may ask them to address your “weaknesses” directly

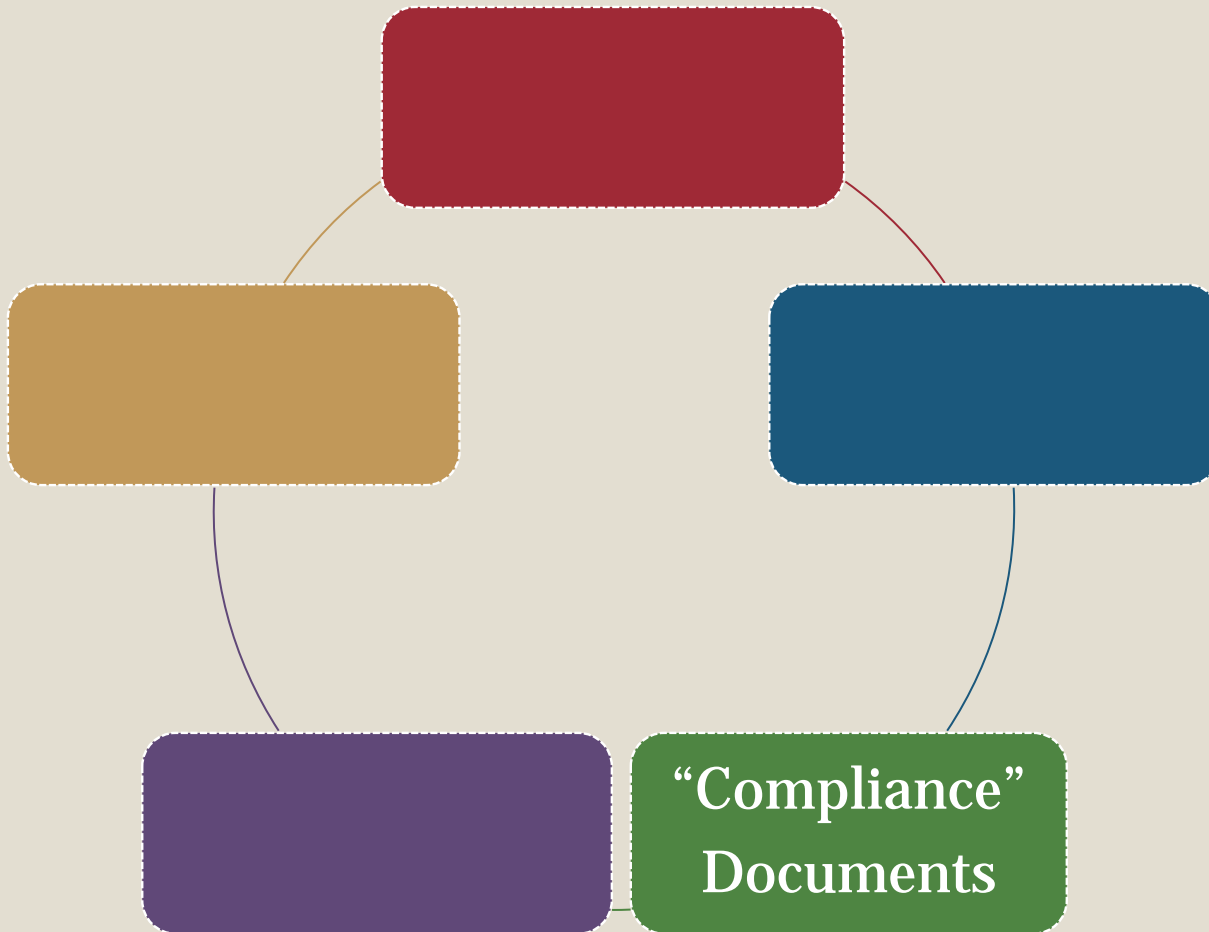
# Application Components



- **Biosketch**
- **Research support available**
- Previous trainees
- Number of trainees to be supervised during fellowship
- **Applicant's qualifications and potential for a research career**
- **Training plan**



# Application Components



• What you need depends on nature of research:

- Human subjects
- Vertebrate animals
- Biohazards
- Human embryonic stem cells

• All NRSAs need:  
**Responsible  
Conduct of  
Research**