

## NINDS / AUPN / ANA / CNS

June 26-27, 2015 • JW Marriott • Washington, DC

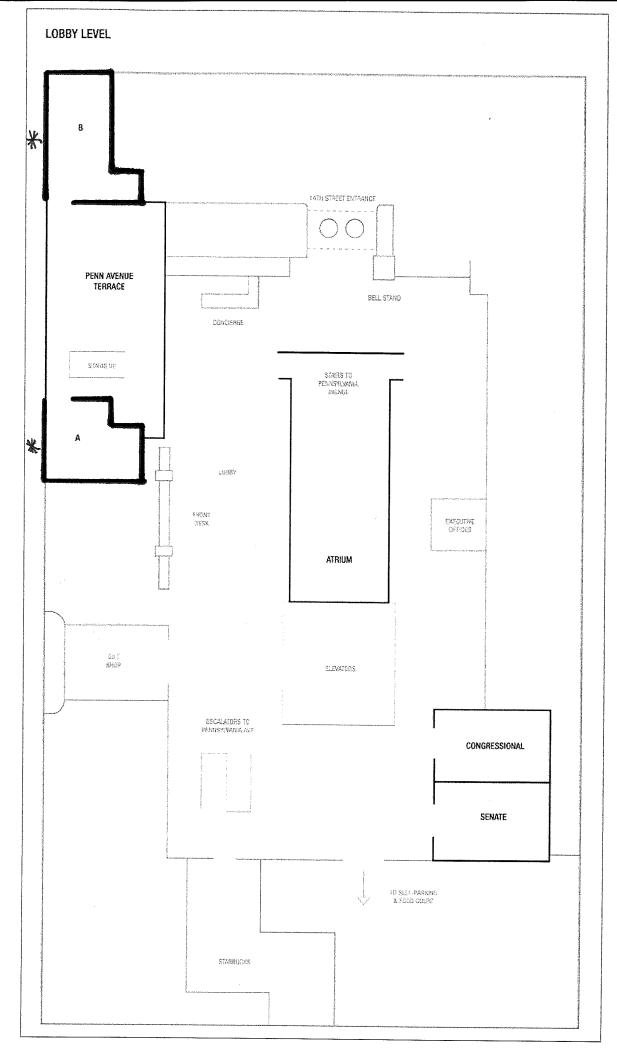
# Combining Clinical and Research Careers in Neuroscience

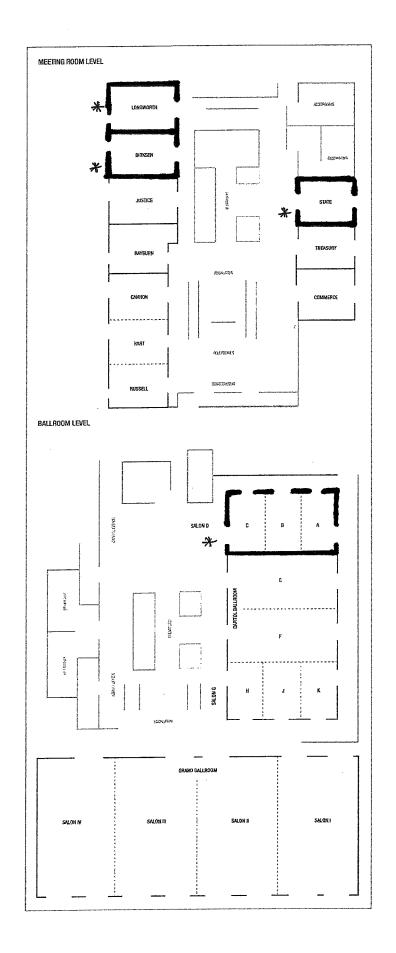












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#### **Evaluation**

Please take a moment to complete the course evaluation











#### HOW TO COMBINE CLINICAL AND RESEARCH CAREERS IN NEUROSCIENCE

The Association of University Professors of Neurology (AUPN) together with the National Institute of Neurological Disorders and Stroke (NINDS), the American Neurological Association (ANA) and the Child Neurology Society (CNS) welcome you to the clinician-scientist mentoring course.

**Goals:** The goals of this course are to: 1) encourage medical students with neuroscience research training to pursue clinical training (with special emphasis on neurology) and choose clinician-scientist careers, 2) describe and discuss strategies for successfully melding clinical and research careers, 3) discuss the satisfactions and power of a combined research and clinical career, 4) describe and discuss sources of and strategies for obtaining training and research support, and 5) provide an opportunity for students to meet academicians who have successfully combined clinical and research careers in neuroscience.

**Expectations:** We are interested to know the impact of this course on the career-development experience of our student attendees. To this end we must collect both immediate and long-term information about our student participants. This information will help us justify federal support for future mentoring courses and will allow us to modify the program to be maximally responsive to student needs. Please give us your feedback. We are counting on a 100% response rate to the brief questionnaires you will receive via email following the course.

Bruce R. Ransom, MD, PhD Symposium Organizer

David J. Fink, MD President, AUPN

Walter Koroshetz, MD

Director, National Institute of Neurological Disorders and Stroke

National Institutes of Health











#### **COURSE ORGANIZERS**

#### Bruce R. Ransom, MD, PhD

Symposium Organizer, University of Washington

#### Allan Levey, MD

Co-Symposium Organizer, Emory University

#### David J. Fink, MD

President, AUPN, University of Michigan

#### Stephen J. Korn, PhD

National Institute of Neurological Disorders and Stroke National Institutes of Health, Bethesda

#### Walter Koroshetz, MD

Director, National Institute of Neurological Disorders and Stroke National Institutes of Health

#### **Support Staff**

#### JoAnn Taie

Association of University Professors of Neurology joanntaie@llmsi.com

#### **Lizzie Larson**

Association of University Professors of Neurology <a href="mailto:neuro@aupn.org">neuro@aupn.org</a>

#### COMBINING CLINICAL AND RESEARCH CAREERS IN NEUROSCIENCE SYMPOSIUM

JW Marriott Washington DC 1331 Pennsylvania Avenue NW Washington, DC 20004 Friday, June 26 - Saturday, June 27, 2015

Sponsored by: National Institute of Neurological Disorders and Stroke (NINDS), Association of University Professors of Neurology (AUPN), American Neurological Association (ANA) and Child Neurology Society (CNS).

#### **AGENDA**

#### Friday, June 26, 2015 – Meeting and meals will take place in Salon D

6:30 - 7:30 p.m.	Registration and Cocktail Reception
7:30 - 7:45 p.m.	Welcome and Opening Remarks Bruce R. Ransom, MD, PhD, University of Washington
7:45 - 8:45 p.m.	Dinner
8:45 - 9:15 p.m.	Combining Clinical and Research Careers: How I Am Doing It Ryan Felling, MD, PhD, Johns Hopkins University

6.45 - 9.15 p.III.	Ryan Felling, MD, PhD, Johns Hopkins University			
Saturday, June 27, 20	015 – Meeting and meals will take place in Salon D			
8:30 - 9:15 a.m.	Registration and Continental Breakfast			
9:15 - 10:00 a.m.	Combining Clinical and Research Careers in Neuroscience: An Overview Bruce R. Ransom, MD, PhD, University of Washington			
10:00 - 10:45 a.m.	NINDS Career Development – The NINDS Perspective  Walter Koroshetz, MD, Acting Director, National Institute of Neurological Disorders and  Stroke			
10:45 - 11:00 a.m	Break			
11:00 – 12noon	Panel Discussion  Moderated by: Bruce R. Ransom, MD, PhD, University of Washington  Panelists: Stephen J. Korn, PhD, NINDS; Christina M. Marra, MD, University of  Washington; Walter Koroshetz, MD, Acting Director, NINDS; Ryan Felling, MD, PhD,  Johns Hopkins University			

12noon - 1:30 p.m. **Networking Lunch** 

1:30 - 2:15 p.m. Funding for Research Training and Career Development

Stephen J. Korn, PhD, NINDS

2:15 - 3:00 p.m. Physician-Scientist: Career and Family: Can You Have It All?

Christina M. Marra, MD, University of Washington School of Medicine

3:00 - 3:15 p.m. **Break** 

#### **Meeting Room Assignments for Small Group Breakouts**

Breakout Group Facilitators: Bruce R. Ransom, MD, PhD, University of Washington; Ryan Felling, MD, PhD, Johns Hopkins University; Walter Koroshetz, MD, Acting Director, National Institute of Neurological Disorders and Stroke; Stephen J. Korn, PhD, NINDS; Christina M. Marra, MD, University of Washington; Nina Schor, MD, PhD, Child Neurology Society; Sami Barmada, MD, PhD, University of Michigan; Geoffrey Aguirre, MD. PhD, University of Pennsylvania; Christopher Ransom, MD, PhD, University of Washington; Ana-Claire Meyer, MD, Harvard University

#### 3:15 – 4:30 Small Group Breakouts

Group 1: MEETING ROOM: Dirksen Group 2: MEETING ROOM: Longworth Group 3: MEETING ROOM: State

Group 4: MEETING ROOM: Penn Avenue Terrace A Group 5: MEETING ROOM: Penn Avenue Terrace B

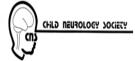
4:30 - 6:30 p.m. Final Cocktail Reception (Penn Avenue Terrace) – hors d'oeuvres will be served











		Breakout	
Last Name	First Name	Group	Meeting Room 3:15-4:00pm
Adams	Joshua	1	Dirksen
Adegoke	Modupe	2	Longworth
Allsop	Stephen	3	State
Ballinger	Elizabeth	4	Penn Avenue Terrace A
Baratono	Sheena	5	Penn Avenue Terrace B
Bennion	Douglas	1	Dirksen
Brown	Christopher	2	Longworth
Butt	Omar	3	State
Campbell	Philip	4	Penn Avenue Terrace A
Campbell	Peter	5	Penn Avenue Terrace B
Cano	Christopher	1	Dirksen
Carlisle	Tara	2	Longworth
Carvalho	Fernanda	3	State
Chopra	Ravi	4	Penn Avenue Terrace A
Clark	Michael	5	Penn Avenue Terrace B
Comer	John	1	Dirksen
Corty	Robert	2	Longworth
Eshel	Neir	3	State
Fisher	Clark	4	Penn Avenue Terrace A
Fremont	Rachel	5	Penn Avenue Terrace B
Freret	Morgan	1	Dirksen
Harmon	Jennifer	2	Longworth
Hauser	Jessica	3	State
Hernandez	Amanda	4	Penn Avenue Terrace A
Hornstein	Nicholas	5	Penn Avenue Terrace B
Kelley	Kevin	1	Dirksen
Kumar	Jaswinder	2	Longworth
Laitman	Benjamin	3	State
Lang	Patrick	4	Penn Avenue Terrace A
LaRocque	Joshua	5	Penn Avenue Terrace B
Leclerc	Jenna	1	Dirksen
Liao	James	2	Longworth
Lucke-Wold	Brandon	3	State
Luna	Esteban	4	Penn Avenue Terrace A
Marcott	Pamela	5	Penn Avenue Terrace B

Marshall	Michael	1	Dirksen
Martinez-Velasquez	Luis	2	Longworth
Maya-Ramos	Lisandro	3	State
McConnell	Evan	4	Penn Avenue Terrace A
Mendelsohn	Alana	5	Penn Avenue Terrace B
Motzkin	Julian	1	Dirksen
Olfson	Emily	2	Longworth
Pappalardo (West)	Laura	3	State
Proch	Katherine	4	Penn Avenue Terrace A
Russ	Jeffrey	5	Penn Avenue Terrace B
Sandlin	David	1	Dirksen
Scarpa	Joseph	2	Longworth
Srinivasan	Sharan	3	State
Thomas	Eleanor	4	Penn Avenue Terrace A
Tischfield	David	5	Penn Avenue Terrace B
Tow	Amanda	1	Dirksen
Wadhwani	Anil	2	Longworth
Wei	Don	3	State
Wilson	Tommy	4	Penn Avenue Terrace A
Yeates	Eniola	5	Penn Avenue Terrace B

#### **Breakout Group Faculty Assignments**

Group 1: Geoffrey Aguirre, MD, PhD and Christina Marra, MD Group 2: Sami Barmada, MD, PhD and Brice Ransom, MD, PhD Group 3: Nina Schor, MD, PhD and Ryan Felling, MD, PhD

**Group 4:** Stephen Korn, PhD and Ana-Claire Meyer, MD

**Group 5:** Walter Koroshetz, MD and Christopher Ransom, MD, PhD

**Joshua Adams** 

Baylor College of Medicine

Houston, TX

Email: jmadams@bcm.edu

**Modupe Adegoke** 

University of Pennsylvania

Philadelphia, PA

Email: adegokem@mail.med.upenn.edu

Stephen Allsop

Harvard/MIT

Boston, MA

Email: stephen\_allsop@hms.harvard.edu

**Elizabeth Ballinger** 

Stony Brook University

Port Jefferson Station, New York

Email: elizabeth.ballinger@stonybrook.edu

**Sheena Baratono** 

Perlman school of medicine

philadlephia, PA

Email: baratono@mail.med.upenn.edu

**Douglas Bennion** 

University of Florida

Gainesville, FL

Email: douglasbennion@ufl.edu

**Christopher Brown** 

University of Kentucky

Lexington, KY

Email: cabr237@uky.edu

**Omar Butt** 

University of Pennsylvania

Philadelphia, PA

Email: obutt@mail.med.upenn.edu

**Philip Campbell** 

Albert Einstein College of Medicine

Bronx, New York

Email: philip.campbell@med.einstein.yu.edu

**Peter Campbell** 

University of Louisville; Grinnell College

Louisville, Kentucky

Email: pwcamp02@louisville.edu

**Christopher Cano** 

**UT Southwestern** 

Dallas, TX

Email: Christopher.Cano@utsouthwestern.edu

**Tara Carlisle** 

University of Colorado Anschutz Medical Camp.

Aurora, CO

Email: Tara.Carlisle@ucdenver.edu

Fernanda Carvalho

Columbia University

West New York, NJ

Email: fdc2107@columbia.edu

Ravi Chopra

Northwestern University

Ann Arbor, MI

Email: chopravi@med.umich.edu

**Michael Clark** 

**UNC-Chapel Hill** 

Chapel Hill, North Carolina

Email: michael\_clark@med.unc.edu

**John Comer** 

Weill Cornell Medical College

New York, NY

Email: joc2051@med.cornell.edu

**Robert Corty** 

**UNC at Chapel Hill** 

Chapel Hill, NC

Email: robert\_corty@med.unc.edu

**Neir Eshel** 

Harvard Medical School

Cambridge, MA

Email: Neir Eshel@hms.harvard.edu

#### **Clark Fisher**

Weill Cornell Medical College (MD)/The Rockefeller University (PhD)

New York, NY

Email: clf2003@med.cornell.edu

#### **Rachel Fremont**

Albert Einstein College of Medicine

New York, NY

Email: rachel.fremont@med.einstein.yu.edu

#### **Morgan Freret**

Harvard Medical School

Boston, MA

Email: morgan\_freret@hms.harvard.edu

#### Jennifer Harmon

Erskine College Charleston, SC

Email: blakely@musc.edu

#### Jessica Hauser

**Baylor College of Medicine** 

Pearland, TX

Email: jlhauser@bcm.edu

#### **Amanda Hernandez**

Yale University School of Medicine

New Haven, CT

Email: amanda.hernandez@yale.edu

#### **Nicholas Hornstein**

Columbia University

New York, NY - New York

Email: njh219@gmail.com

#### **Kevin Kelley**

**UCSF** 

San Francisco, CA

Email: kevin.kelley@ucsf.edu

#### Jaswinder Kumar

**UT Southwestern** 

Valencia, CA

Email: jaswinder.kumar@utsouthwestern.edu

#### **Benjamin Laitman**

Icahn School of Medicine at Mount Sinai

New York, NY

Email: benjamin.laitman@mssm.edu

#### **Patrick Lang**

**UNC School of Medicine** 

Chapel Hill, NC

Email: ylang@ad.unc.edu

#### Joshua LaRocque

University of Wisconsin-Madison

Middleton, WI

Email: jlarocque@wisc.edu

#### Jenna Leclerc

University of Florida

Gainesville, FL

Email: jleclerc@ufl.edu

#### James Liao

Case Western Reserve University

Shaker Heights, OH

Email: james.liao@case.edu

#### **Brandon Lucke-Wold**

West Virginiia University School of Medicine

Morgantown, WV

Email: Bwold@mix.wvu.edu

#### **Esteban Luna**

Perelman School of Medicine at the University

of Pennsylvania

Philadelphia, PA

Email: estebanl@mail.med.upenn.edu

**Pamela Marcott** 

Case Western Reserve University

Cleveland, OH

Email: pamela.marcott@case.edu

Michael Marshall

University of Illinois at Chicago

Chicago, IL

Email: mmarsh22@uic.edu

Luis Martinez-Velasquez

NYU School of Medicine

New York, NY

Email: lam694@nyumc.org

**Lisandro Maya-Ramos** 

**UCSF** 

san francisco, CA

Email: lisandro.maya-ramos@ucsf.edu

**Evan McConnell** 

University of Rochester Medical Center

Rochester, NY

Email: evan\_mcconnell@urmc.rochester.edu

Alana Mendelsohn

Columbia University

New York, NY

Email: aim2116@cumc.columbia.edu

Julian Motzkin

University of Wisconsin - Madison

Madison, Wisconsin

Email: motzkin@wisc.edu

**Emily Olfson** 

Washington University in St Louis

Saint Louis, MO

Email: olfsone@wusm.wustl.edu

Laura Pappalardo (West)

Yale University

New Haven, CT

Email: laura.pappalardo@yale.edu

**Katherine Proch** 

University of Iowa Carver College of Medicine

Iowa City, IA

Email: katherine-proch@uiowa.edu

**Jeffrey Russ** 

Weill Cornell Medical College

New York, NY

Email: jer2018@med.cornell.edu

**David Sandlin** 

University of Mississippi Medical Center

Jackson, MS

Email: dsandlin@umc.edu

Joseph Scarpa

Mount Siinai School of Medicine

New York, NY

Email: joseph.scarpa@mssm.edu

**Sharan Srinivasan** 

University of Michigan

Ann Arbor, MI

Email: sharans@med.umich.edu

**Eleanor Thomas** 

**Yale University** 

New Haven, CT

Email: eleanor.thomas@yale.edu

**David Tischfield** 

Upenn/CHOP

Philadelphia, PA

Email: dtis@mail.med.upenn.edu

**Amanda Tow** 

Albert Einstein College of Medicine

Bronx, NY

Email: amanda.tow@med.einstein.yu.edu

**Anil Wadhwani** 

Northwestern University

Chicago, Illinois

Email: a-wadhwani@northwestern.edu

#### Don Wei

UC Irvine Irvine, CA

Email: d.wei@uci.edu

#### **Tommy Wilson**

Albert Einstein College of Medicine

Bronx, NY

Email: tommy.wilson@med.einstein.yu.edu

#### **Eniola Yeates**

Tufts University

Boston, MA

Email: eniola.yeates@tufts.edu

#### **FACULTY AND MENTOR PARTICIPANTS, JUNE 2015**

Geoffrey Aguirre, MD, PhD

University of Pennsylvania

Philadelphia, PA

Email: aguirreg@mail.med.upenn.edu

Sami Barmada, MD, PhD

University of Michigan

Ann Arbor, MI

Email: sbarmada@med.umich.edu

Ryan Felling, MD, PhD

Johns Hopkins University

Baltimore, MD

Email: rfellin2@jhmi.edu

Stephen Korn, PhD

National Institutes of Health

Bethesda, MD

Email: korns@ninds.nih.gov

Walter Koroshetz, MD

National Institute of Neurological Disorders and

Stroke

Bethesda, MD

Email: koroshetzw@ninds.nih.gov

**Support Staff** 

JoAnn Taie

Association of University Professors of

Neurology

Email: joanntaie@llmsi.com

**Lizzie Larson** 

Association of University Professors of

Neurology

Email: neuro@aupn.org

Christina Marra, MD, PhD

University of Washington

Seattle, WA

Email: cmarra@uw.edu

Ana-Claire Meyer, MD

**Harvard University** 

Boston, MA

Email: anaclaire@gmail.com

Bruce Ransom, MD, PhD

Symposium Organizer, University of

Washington

Seattle, WA

Email: bransom@u.washington.edu

Chris Ransom, MD, PhD

University of Washington

Seattle, WA

Email: cbr5@u.washington.edu

Nina Schor, MD, PhD

**Child Neurology Society** 

Rochester, NY

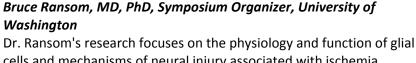
Email: Nina Schor@URMC.Rochester.edu



#### Geoffrey Aguirre, MD, PhD, University of Pennsylvania

I am an Associate Professor of Neurology at the University of Pennsylvania and a cognitive neuroscientist. My clinical and research work concerns the organization of the brain for mental operations, in particular visual ability. Using functional MRI, a non-invasive tool for measuring brain activity, I study how neurons are normally arranged to represent and store visual information. I use these techniques to understand as well how blindness changes the brain. As a clinician, I treat patients with a variety of disturbances of thinking and memory, with my practice informed by recent

insights into the organization of the brain for these functions. I study the methodological development and application of imaging techniques. I am the Associate Director of the Center for Neuroscience and Society and a Senior Consultant to the MacArthur Foundation Research Network on Law and Neuroscience, with a focus upon the use and misuse of brain imaging data. Finally, I am the Associate Director of the Neurology Residency program at the Hospital of the University of Pennsylvania.



cells and mechanisms of neural injury associated with ischemia, especially in axonal pathways of the brain. A major goal of his work is to understand how glial cells interact with neurons in the course of normal and pathological brain function.

Ransom's current studies on glial cells are designed to determine their role in glutamate homeostasis in the brain and their role in brain energy metabolism. These studies are pursued using ion imaging techniques, biochemical analysis (including HPLC) and electrophysiology. He and his colleagues have begun to elucidate the important contributions of ion channels/transport mechanisms in regulating ionic balance and glutamate release. These mechanisms can exert critical influence over the excitability of neuronal populations and may also participate in pathological events like brain ischemia. Ransom's research also relates to neural injury. He is seeking to understand how myelinated axons within the central nervous system are affected by anoxic or ischemic insults during development and in adulthood. Increased knowledge of the basic pathophysiology of neural injury during maturation of the central nervous system will allow development of strategies that minimize the amount of injury in infants who undergo anoxic or ischemic insults.



#### Sami Barmada, MD, PhD, University of Michigan

Dr. Barmada received his undergraduate degree (B.S. in Molecular Biology: Biochemistry) from the University of Pittsburgh, Pittsburgh, PA, in 1998. He then moved to Washington University School of Medicine in St. Louis, MO, where he was enrolled in the Medical Scientist Training Program. For his Ph.D. in Neuroscience, he established a transgenic model of prion diseases with Dr. David Harris (now chair of Biochemistry at Boston University), and used this model to identify some of the first steps in prion disease pathogenesis. He earned his M.D. and Ph.D. in 2006, and spent an additional year as an intern at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, MO,

before moving to the University of California, San Francisco (UCSF), for a residency in neurology. During this time, he participated in the Flexible Residency Program, allowing him to participate in basic science while still a resident (this was a precursor to the NIH-supported R25 program, now adopted by UCSF and other institutions). As a resident and afterwards, as a research fellow, he worked with Dr. Steve Finkbeiner, Senior Investigator at the J. David Gladstone Institutes and Associate Director of the Institute for Neurological Diseases. One year after completing residency, in 2011, Dr. Barmada became a Staff Scientist at the Gladstone Institutes, focusing on the pathologic overlap between amyotrophic lateral sclerosis (ALS) and frontotemporal dementia. He also maintained a position as a Health Sciences Clinical Instructor at UCSF, seeing patients in San Francisco General Hospital, the ALS Center and the Memory and Aging Center, both at UCSF. In 2013, he joined the Neurology Department at the University of Michigan (UM) in Ann Arbor, MI, as an Assistant Professor of Neurology. At UM, the majority (80%) of his time is devoted to research, while the remaining 20% is occupied by teaching and clinical service at the Cognitive Disorders Clinic and the Neurology Inpatient Service. His laboratory focuses on convergent mechanisms in ALS and frontotemporal dementia, and on powerful microscopy systems to better study disease and evaluate therapeutics.



Christopher Ransom, MD, PhD, University of Washington
Christopher Ransom, MD, PhD is an Assistant Professor of Neurology at the University of Washington and the Epilepsy Center of Excellence at the VA Puget Sound. Dr. Ransom graduated from the MSTP at the University of Alabama School of Medicine, earning his PhD in Neurobiology, before completing a Neurology Residency and Epilepsy Fellowship at Yale-New Haven Hospital. During fellowship training, Dr. Ransom developed an interest in the regulation and function of extrasynaptic GABA<sub>A</sub> receptors in the hippocampus and is continuing to work on this topic supported by a VA Career Development Award. Dr. Ransom joined the Epilepsy Center of Excellence at the VA Puget Sound in 2010.



#### Ryan Felling, MD, PhD, Johns Hopkins University

Ryan Felling went to medical school in Hershey, PA where completed a combined MD, PhD program, studying the response of neural stem cells to perinatal brain injury in the lab of Steve Levison. He then completed 2 years of Pediatrics residency at the Children's Hospital of Philadelphia before moving to Johns Hopkins for Child Neurology residency. During his child neurology residency he began doing research in the laboratory of Hongjun Song, studying the effects of hypoxic ischemic injury on epigenetic DNA modifications in the brain. He was recognized during residency with the Johns Hopkins Guy McKhann award, given to the graduating resident who exemplifies excellence in teaching, as well as the Jay Slotkin award given to the

graduating resident who has demonstrated significant research accomplishment during residency. He then completed a 1 year clinical fellowship in vascular neurology and subsequently joined the faculty at Johns Hopkins as an Assistant Professor. He is currently the Director of the Pediatric Stroke program at Johns Hopkins, and continues his research efforts under the mentorship of Hongjun Song, studying the role that DNA modifications play in regulating neurogenesis following perinatal hypoxic-ischemic brain injury. He is in the midst of developing a career that combines an academic clinical niche of pediatric stroke with a scientific interest in the mechanisms of recovery following brain injury.



#### Stephen J. Korn, PhD, NIH

Dr. Korn came to NINDS as Director of the Office of Training, Career Development and Workforce Diversity in January, 2006. He received his Ph.D. in Pharmacology from the University of North Carolina- Chapel Hill, and received postdoctoral training at NIH (as a PRAT Fellow of NIGMS) and at the Roche Institute of Molecular Biology (with financial support from NRSA postdoctoral fellowships). He then spent 15 years on the faculty of the University of Connecticut at Storrs, where he was a Full Professor. His area of scientific specialty is the molecular basis of ion channel gating and permeation, but he has also conducted electrophysiological and

imaging research on calcium and pH transport/buffering, and synaptic transmission in the hippocampal slice.



and neurology.

#### Walter Koroshetz, MD, NINDS

Walter Koroshetz, M.D. is the Director of the National Institute of Neurological Disorders and Stroke (NINDS) and works to manage the taxpayers' investment of \$1.5 billion in NINDS research to advance neuroscience and reduce the burden of illness due to neurological disorders. Before coming to NIH, Dr. Koroshetz was a Harvard Professor of Neurology, Vice Chair of Neurology at the Mass General Hospital, Director of Stroke and Neurointensive Care, and a member of the Huntington's disease unit. His research activities spanned basic neurobiology to clinical trials. A graduate of Georgetown University and University of Chicago Medical School, he trained in internal medicine





Christina M. Marra MD completed residency training in Neurology and fellowship training in Infectious Diseases. She is Professor of Neurology with an adjunct appointment in Medicine (Infectious Diseases) at the University of Washington in Seattle. She directs an NINDS-funded research program on neurosyphilis and participates in NIH-funded multi-center clinical research on the neurological consequences of HIV.

Ana-Claire Meyer, MD, Harvard University



Dr. Meyer is an Assistant Professor in Neurology at Yale University and has been based in Kenya since 2009 as a Visiting Scientist at the Kenya Medical Research Institute. She received her M.D. from Harvard Medical School and her neurology training at the Partners Neurology Program. She was a Veterans Affairs/Robert Wood Johnson Clinical Scholar at the University of California, Los Angeles. She is a founding member and secretary for the newly formed East African College of Neurology whose mission is to develop neurology training programs across the East African Community.

The overarching goal of her research is to develop scalable and sustainable interventions to prevent or treat high morbidity neuro-infectious diseases in resource-poor settings. Her ongoing research projects include: the relationship between epilepsy and neurocysticercosis in Western Kenya; health outcomes from HIV-associated cognitive impairment in Western Kenya and Tanzania; and identifying preventive strategies and treatments for early mortality due to HIV infection in sub-Saharan Africa with a focus on cryptococcal infection. She also works to build research and clinical capacity for neurology in global settings through training and mentorship.



#### Nina F. Schor, MD, PhD, Child Neurology Society

Dr. Nina F. Schor is the seventh Chair of the Department of Pediatrics and the William H. Eilinger Professor of Pediatrics at the University of Rochester Medical Center. She is also Pediatrician-in-Chief of the Golisano Children's Hospital at Strong and Professor in the Departments of Neurology and Neurobiology & Anatomy. Before arriving in Rochester, she was the Chief of the Division of Child Neurology in the Department of Pediatrics at Children's Hospital of Pittsburgh. She was Professor of Pediatrics, Neurology, and Pharmacology at the University of Pittsburgh and held the Carol Ann Craumer Endowed Chair in Pediatric Research at Children's Hospital of

Pittsburgh. A native of New York City, Dr. Schor received her BS in Molecular Biophysics and Biochemistry from Yale University, her MD from Cornell University, and her PhD from Rockefeller University. Her work at Rockefeller University resulted in awarding of a U.S. Patent and an IND from the FDA for development of a mucolytic agent for use in children with cystic fibrosis. She did her Pediatrics and Child Neurology residencies at Harvard University, Children's Hospital of Boston, and the Longwood Area Neurology Program. Dr. Schor heads a research effort aimed at design and development of new strategies for treating tumors of the nervous system, including neuroblastoma and pheochromocytoma and for understanding the developmental mechanisms underlying neurodegenerative diseases like Alzheimer's and Parkinson's diseases. She served as Associate Dean for Medical Student Research at the University of Pittsburgh. Dr. Schor's research has been continuously funded by the National Institutes of Health, among other agencies, since 1988. Dr. Schor has been a Counselor of the Society for Pediatric Research, Counselor and Secretary-Treasurer of the Child Neurology Society, and President of Professors of Child Neurology. She is currently President of the Child Neurology Society and a member of the Executive Council of the American Pediatric Society and the Science Committee of the American Academy of Neurology.

# Combining Clinical and Research Careers: How I Am Doing It

Ryan J. Felling, MD, PhD June 26, 2015

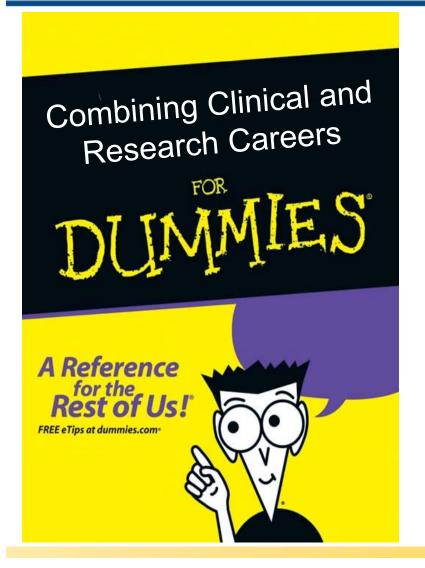


## What more could you ask for?

- The freedom to design your own career
- The opportunity to answer life's questions and help people at the same time
- Flexibility
- Job security



### This talk is not...

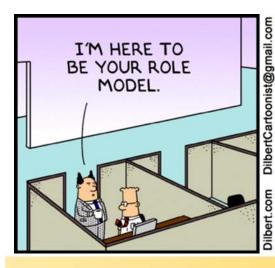


- Your career will be unique
- There will be no shortage of advice – some good, some not

 Here is my journey and what I've learned along the way

### Mentoring

- Identify mentors early and often
  - These can be lifelong resources that you can turn to
- Your goal is to become your own









# **The Early Years**



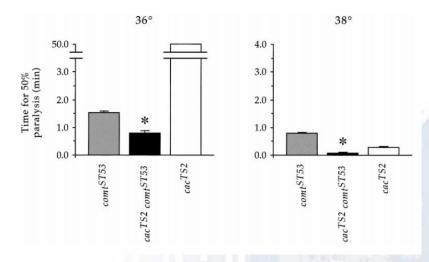






# **Undergraduate Years**





Dellinger et al. (2000) Genetics









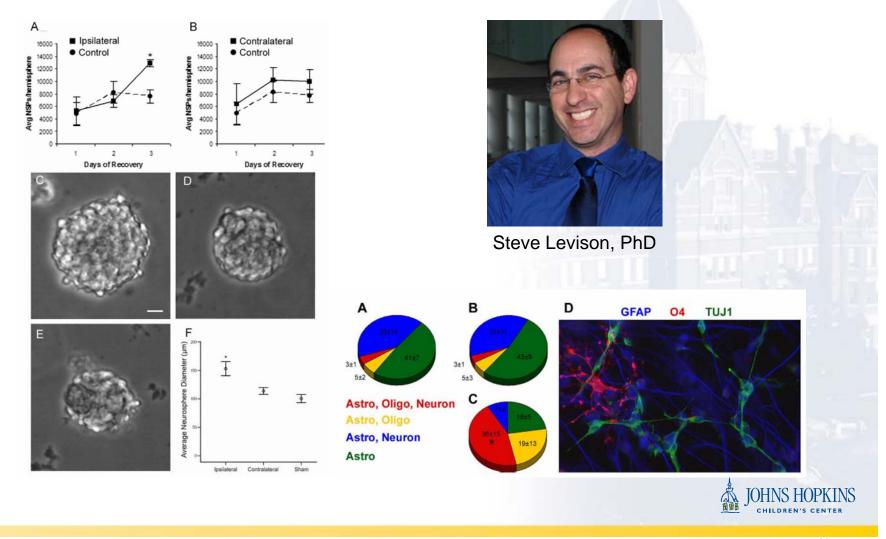
PENNSTATE HERSHEY

College of Medicine

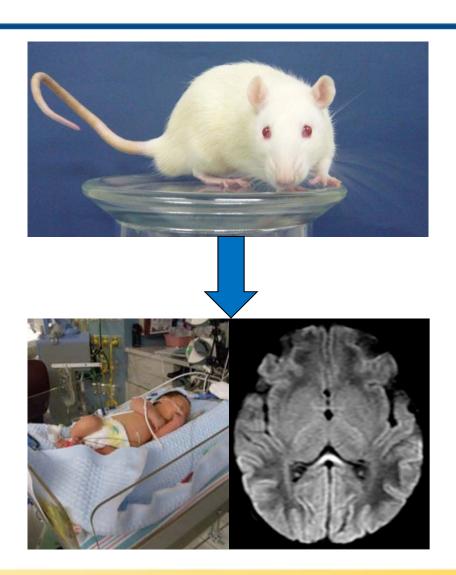
MD/PhD Program



### **MD/PhD Years**



### **MD/PhD Years**







### Do what you love

- Identify projects and questions that are important (to the world and to you)
- You will always be the strongest advocate for your work



### Residency/Fellowship Years

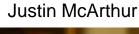


The Children's Hospital of Philadelphia®



Becky Ichord



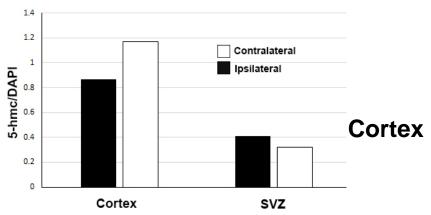




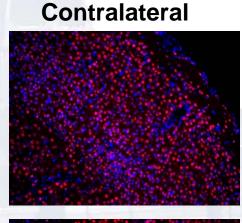
Lori Jordan



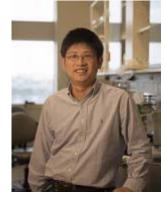
# **Epigenetic DNA Modifications after Perinatal Brain Injury**

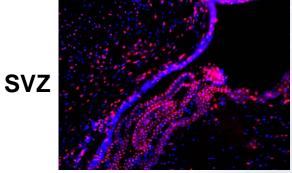


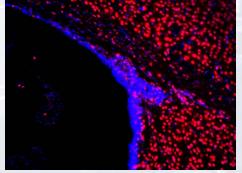
Ipsilateral











Hongjun Song



### Patience is a virtue

- "You've been in school for how long?!"
- "The key to academic success is to stay poor"
  - Protected research time is crucial

Copyright 2006 by Randy Glasbergen. www.glasbergen.com



"We believe in paying our employees as much as they need.
Since you'll be at your desk 90 hours a week,
you won't need much."

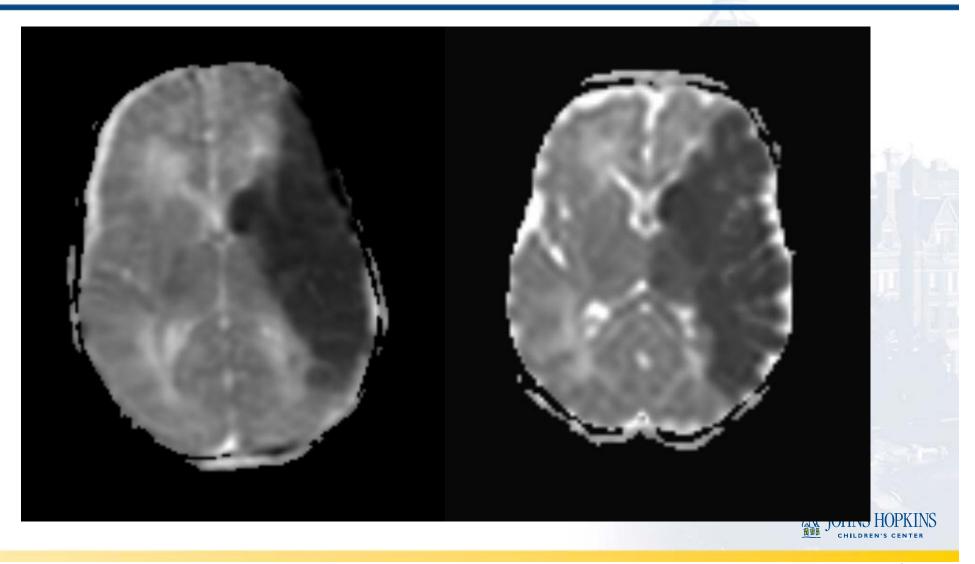


### **Your Academic Niche**

 Identify an clinical niche that can synergize with your research interests



# The Interplay Between Lab and Clinic



## **Early Faculty Years**

- Juggling Responsibilities
  - Learn when and how to say "NO"
- New Challenges
  - Transitioning from a scientist/clinician to almost a small business manager



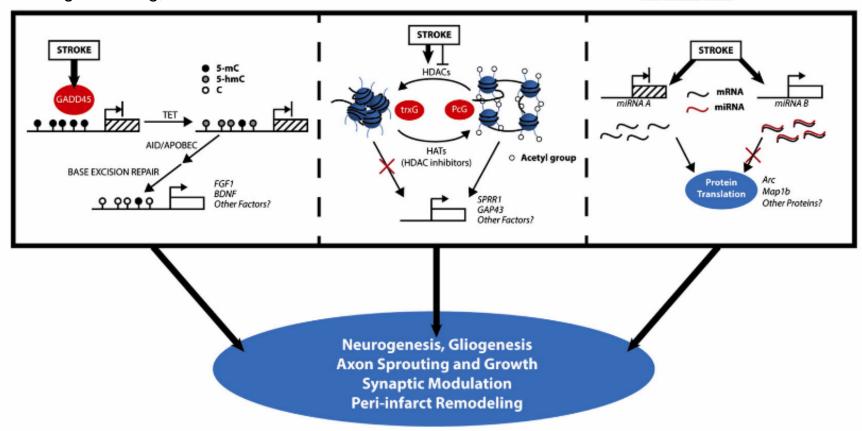






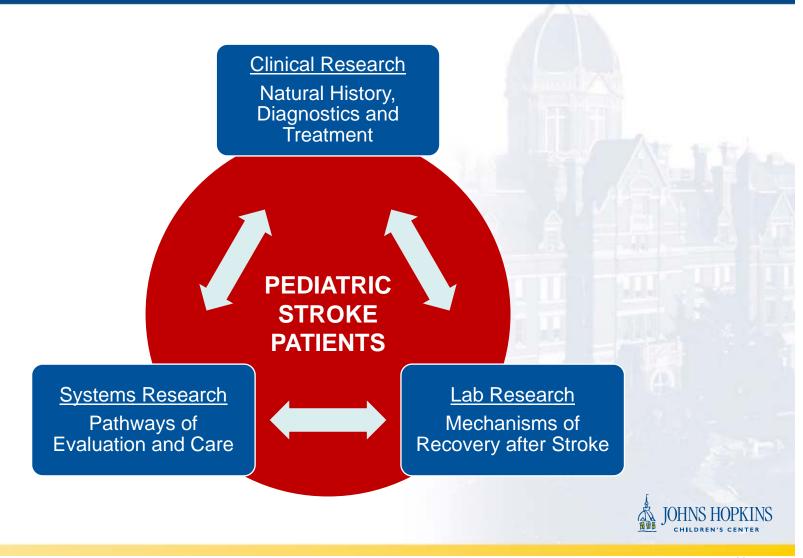
# **Establishing MY Research Program**

Felling and Song, 2015



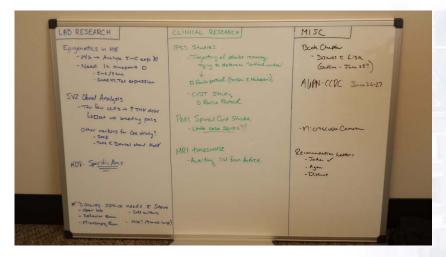


## **My Career Vision**



## **Get (and Stay) Organized**

 Disclaimer: I'm completely disorganized (but getting better!)





# **Seize Opportunities**

- Develop an "elevator pitch"
- You will be in a unique position as a clinician/researcher
  - Inspiration, Philanthropy, Resources
- Keep an idea book!
  - You never know where your next grant idea
     may come from



#### "Failure"

- It will happen patients with poor outcomes, research ideas that flop, grants that don't get funded, papers that don't get accepted
- Use these as opportunities to learn and improve



# **An Obligatory Metaphor**



### **Take Home Points**

- You are heading for an incredibly rewarding career
- Mentors will always be important in your development as an independent clinician-scientist
- Your patients can be a source of inspiration for your scientific inquiry
- Remain inquisitive and find those questions that keep you up at night
- Find a niche that allows your clinical effort and your research effort to synergize



## **Acknowledgements**

#### **AUPN, NINDS, ANA**

#### **Research Mentors**

**Hongjun Song Frances Northington** 

#### **Song Lab**

Qingfeng Wu Daniel Berg Michael Bonaguidi Ran An

#### **Northington Lab**

**Debbie Flock** 

#### **Funding Sources**

NIH-NINDS K12 Neurological Sciences Academic Development Award





### **NINDS Career Development- the NINDS Perspective**



# So <u>you</u> want to be a Physician-Scientist? What's that all about?

- □ The big three questions:
  - What do you want to do with your life?
    - NBA is out, you already chose to be a neuro doc! It's important to remember why?
  - How much fulfillment do you get out of figuring things out?
  - How important is it to you that you advance the field?
    - □ The impact factor.







# We need you to integrate patient care and research.

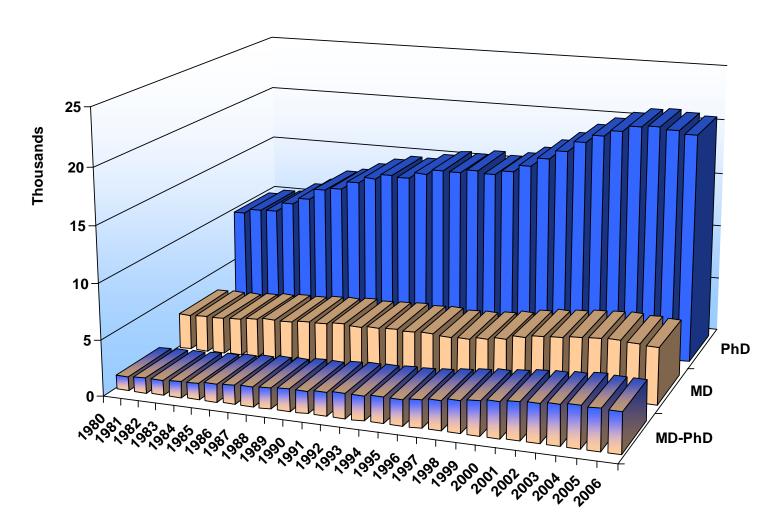
- □ The advance of neurological treatment is marred by the exclusion of research from the culture of patient care.
  - Patients don't know about research, most doctors don't promote patient participation in research. Patients are wary of participating in research.
- The "*epiphany*": Most neurological breakthroughs have come from patient care under the eye of a "researcher".
- □ The "*real thing*": knowing when a science advance can really make a difference.





# Number of NIH R01-Equivalent

Awards by Applicant's Degree, FY 1980 - 2006



# We need you to play your position on the American Research Team.

#### Components of the Modern Academic Research Team\*.

- A. <u>Basic laboratory</u>
  - (MD/PhD, Ph.D, fellows- MDs, MD PhDs or PhDs);
- B. Subspecialty clinic
  - (MD, MD. Ph.D, health professional, ie. nurse, Phys/Speech Therapist); MD fellows in clinical training.
- c. <u>Clinical research</u>
  - (MD, MD PhD, clinical coordinator, research nurse, data base managers), MD fellows in research. collaboration with interdepartmental clinical research- ie. clinical labs, imaging, genomics, etc.
- \* Team composed of people at various levels of expertise so inherent to medical teams is mentoring.

# We need you to lead.

- □ Hospital, Medical School, NeuroSocieties,
- □ Government- Federal, State, Local.
- Non-Governmental Organizations
- □ Community- schools, politics
- \*Someone has to make the big decisions, why not you?





# We need you to persist.

- □ Failure is part of the game.
  - It's going to work, just not on the first try.
  - It's going to work, but can't convince someone to pay for it.
  - Just not going to work.
- □ Re-inventing yourself can be invigorating.

# We need you to be scientifically honest.

- □ Bad data is destructive to the overall effort.
- □ Even if you get some early mileage from dressing up bad data it will eventually drag you down.

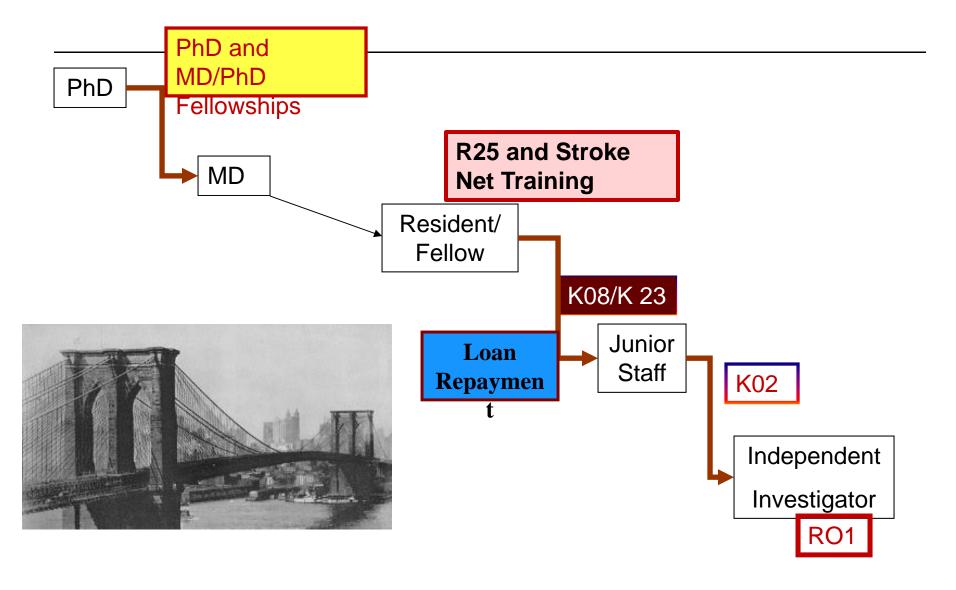


# It's a good time to be a new investigator

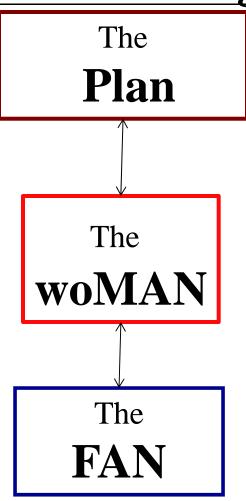
Really!

But we need you to write good grants.

# **Bridging the Gaps**

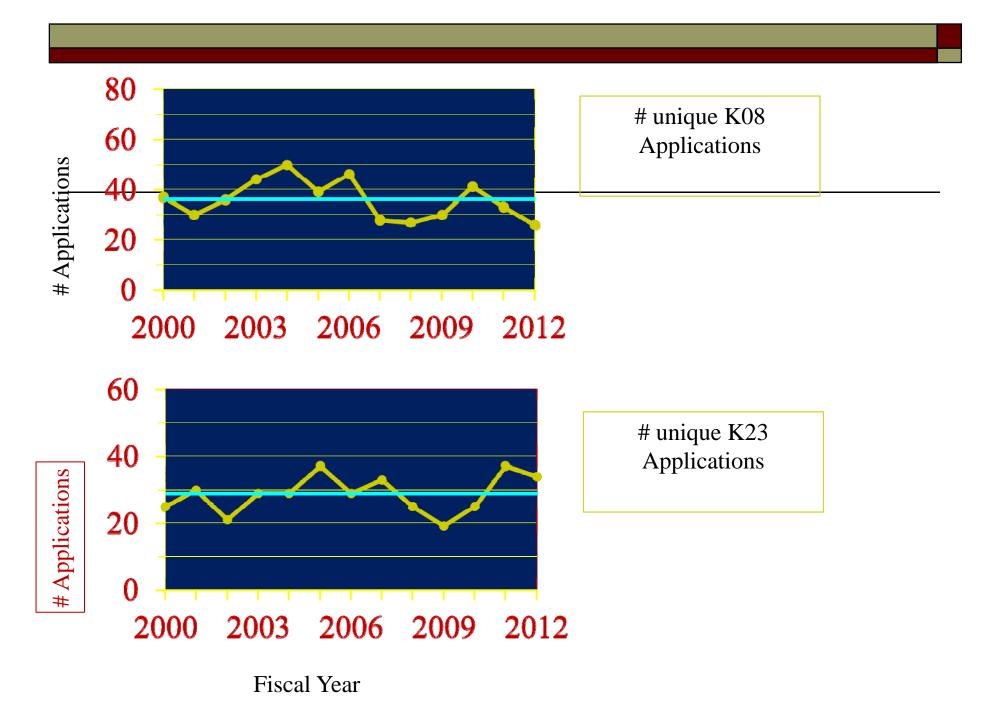


# Research Career Development The 3 Things



### K08 and K23

- □ 5 years, 75% protected time (salary/fringe)
- □ \$50,000 research costs
- Invited to 2 NINDS/ANA workshops over 5 years
- Goal is independent research career
- □ Can apply for R01 at any time
- $\square$  Applicant success rate = ~55%
- Must be US citizen or permanent resident
- □ NINDS does **not** have a payline for K awards



### Are NINDS K Awardees Still Doing Research?

For K awards terminating 2003-2008 (N = 114 K08s, 65 K23s)

## Currently in Academic Position

K08s: 86% K23s: 88%

## Published between 2010-May 2012

K08s: 88% K23s: 85%

## In Academic Position and Published

K08s: 95% K23s: 96%

### NINDS K to R01 transition

For K's terminating 2003-2011 (N = 189 K08s, 110 K23s)

42% of all K08s got R01s 53% of all K08s that applied got R01s

40% of all K23s got R01s 58% of all K23s that applied got R01s

For both K08s and K23s, ~75% have post-K independent funding

# Loan Repayment Program (LRP)

- Congressionally-mandated
- 5 Eligible Research Areas
   (Clinical, Pediatric, Contraception/Infertility, Health Disparities, Disadvantaged Background)
- Purpose is to encourage health professionals stay in research rather than leave for a more lucrative activity because of debt
- NINDS Supports Clinical and Pediatric Research
- Applications are peer-reviewed

### NIH

- □ Committed to developing clinician scientists.
- □ In the end however extramural NIH is a granting agency and not an employer.
  - Based on peer review.
  - Institutes will attempt to steer a small portion of research in pursuit of the common good.
    - Networks, Tools for Science, Stimulate research to overcome bottlenecks, fill needs (RFAs, Workshops)

# DO NOT TAKE REJECTION PERSONALLY!

And don't get frustrated (for too long).

PERSIST!

## Advice

□ Never give up, never surrender.



# Physician-Scientist: Career and Family: Can You Have it All?

Christina M. Marra, MD Neurology and Medicine (Infectious Diseases) University of Washington School of Medicine No, but you can have a lot...

## Qualities of a Great Mentor

- Smart
- Accomplished
- Funded
- Committed
  - Explain the system
  - Write an abstract
  - Give a talk
  - Review a manuscript
  - Write a manuscript
  - Write a grant
- Generous

# Comments on Choosing a Mentor

- A single mentor may not be optimal
- Identify several role models or mentors
  - Based on attributes or expertise
- Ideally, your mentor should not be your immediate supervisor

# Work-Life Balance





### Work-Life Balance

No one on his deathbed ever said "I wish I'd spent more time at the office." Don't get me wrong. Work is a wonderful thing. It can be very fulfilling and can provide meaningful service to others. But personal relationships are the most important things in our lives. It's through relationships with others that we learn about ourselves, about how to make choices, how to self correct, how to grow and develop, how to contribute to the human community, how to turn dreams into reality. -Rodger Duncan

## Life Choices: Figure Out Your Priorities

- Jappreet Sethi, LinkedIn
  - What is your focus for the next 5 years?
  - If you could have an extra hour in a day, how would you spend it?
  - Would you be comfortable not spending a lot of time with your kids as they grow up?
  - Are your family members on board with your workfamily choices?
  - What gives you the greatest satisfaction, and can you get it at least twice a week?
  - What do you want to be remembered for when you die?

# Are your family members on board with your work-family choices?



## Understanding the Medical Marriage

- Perlman R.L. et al. Acad Med 2015;90
  - Interviewed 25 physicians and spouses using appreciative inquiry
    - 12 women
    - 13 men
    - 3 nonphysician spouses

## **Themes**

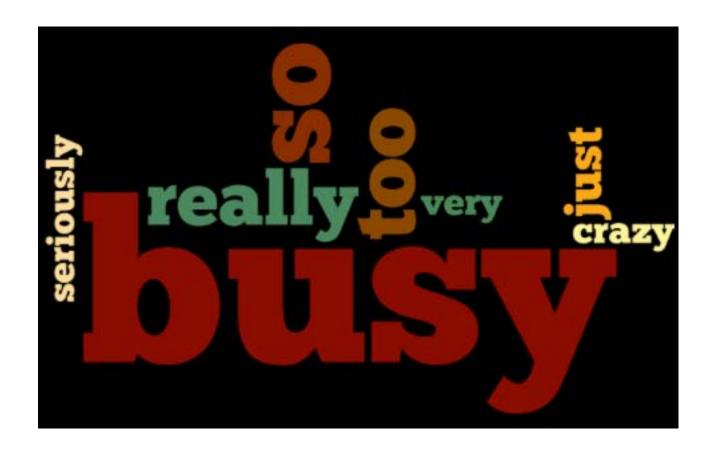
Theme	Description
We rely on mutual support in our relationships	Reciprocal emotional, mental, occupational support
We recognize the important roles of each family member	Importance of role clarity
We have shared values	Shared values provide foundational structure
We acknowledge the benefits of being a physician to our	Medical and financial security
relationships	

# Priority Setting: a (bad) Example

- Sapey E. Lancet 2015;385 (Suppl 1)
  - "I wrote a list of how I prioritize my time, and it went like this:
    - Children/patients/research
    - Grant and paper writing
    - Husband/collaborators (no particular order)
    - Dog
    - People I barely know or will never meet but who email me (a lot)
    - Me"

## Nonwork Practical Advice

- Really good childcare/adultcare
  - Plan ahead for snow days, sick days, teacher conference days
- If all else is equal, consider living near extended family
- Consider your commute
- Early risers...
- Schedule recurring social activities
- Exercise
- When you're away from work, be away
- Appreciate your partner/s
- Outsource the unimportant stuff



Replace "I'm too busy" with "that's not important to me right now"

## Work Practical Advice

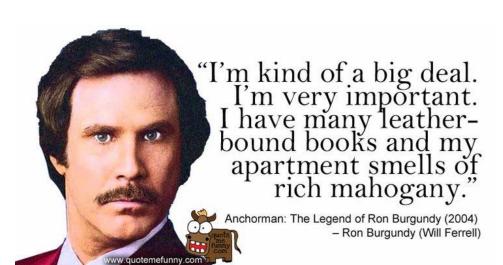
- "Uber organized"
- Take advantage of promotion postponement
- Don't be intimidated by the success of others
  - Learn from their experiences

# Flexibility



- Things are going to change whether you want them to or not
- Avoid
  - Catastrophizing
  - Guilt

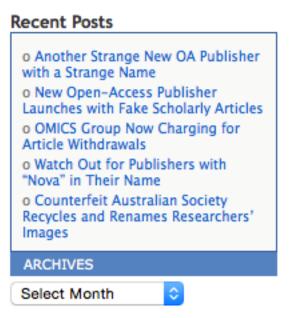
## Citizenship



- We are all special
- Humility
  - Respect other people's time
  - Participate in departmental life
- Generosity
  - Students

## Say YES

- Is this interesting to me?
- Can I use it again?
- Will it be published/indexed?
  - Avoid predatory publishers:http://scholarlyoa.com/publishers/
- Ask others if unsure
- Say no selectively



## The Takeaway

Shana Lebowitz, Greatist.com

"The most important thing to remember in the quest for work-life balance is that we'll never achieve perfection...What matters is that we create a personally meaningful life that helps us feel happy and healthy overall."



## References

- LaVoie MJ. Career building as a neuroscientist at a research hospital. Annals of Neurology 2015;77:367-370.
- Schwingshackl A. The fallacy of chasing after work-life balance. Frontiers in Pediatrics 2014;2:26.
- Surawicz CM. J. Edward Berk distinguished lecture: avoiding burnout: finding balance between work and everything else. The American Journal of Gastroenterology 2014;109:511-514.

# Overview of NINDS Funding Mechanisms

**Research Project, Center Grants, and Cooperative Agreement Awards:** 

Mechanism –	Program Synopsis	Salary/ Stipend	<b>Budget Info.</b>	Duration/
Program				Renewal
R01: Research Project Grant	This program supports a focused research project conducted by a principal investigator. Also supported are <i>Pilot Clinical Trial Grants for Neurological Disease</i> to gather preliminary data and conduct clinical studies to support the rationale for a subsequent full-scale clinical trial of intervention to treat or prevent neurological disease.	Prorated based on PI % effort.	Modular up to \$250K. NINDS approval for over \$500K.	Up to 5 years. May be renewed.
R03: Small Grant Program	This program supports new research projects that: 1) lead to a defined product, resource or "deliverable" that has inherent value to the neuroscience community; 2) will generate an important and potentially publishable unit of information or dataset; or 3) focus on secondary analysis of clinical data sets.	Prorated based on PI % effort.	Modular up to \$50K.	Up to 2 years. Not renewable.
R15: Academic Research Enhancement Award	This award provides support for research projects by faculty who are located in health professional schools or other academic components that have not been major recipients of NIH research grant funds.	Prorated based on PI % effort.	Detailed budget up to \$300K. (Modular up to \$250K.)	Up to 3 years. May be renewed.
R21: Exploratory/ Developmental Grant	This program supports new research projects that: 1) assess the feasibility of a novel avenue of investigation; 2) involve high risk experiments that could lead to a breakthrough in a particular field; or 3) demonstrate the feasibility of new technologies that could have major impact in a specific area.	Prorated based on PI % effort.	Modular up to \$275K.	Up to 2 years. Not renewable.
P01: Research Program Project Grant	This program supports broadly based multidisciplinary research programs with a well-defined central research focus or theme. Program projects must have a minimum of 3 interrelated projects that contribute to the program objective, as well as shared resources (Cores).	Prorated based on PI % effort.	Program staff approval for over \$500K.	Up to 5 years. May be renewed once.
P30: Center Core Grant -	This program supports shared resources and facilities used by investigators with NINDS funded grants. An institution is eligible for a maximum of one NINDS Core Grant. These awards will support basic, translational, and clinical research, but will not be used to support clinical trials or to provide patient services.	Prorated based on PI % effort.	Up to \$400K.	Up to 5 years. May be renewed.

P50: Specialized Center Grant	This Center Grant supports any part of the full range of research and development activities comprising a multidisciplinary attack on a specific disease entity or biomedical problem area within the mission of NINDS. Consultation with NINDS Program staff is crucial to the development of a P50 application.	Prorated based on PI % effort.	Program staff approval for over \$500K.	Up to 5 years. May be renewed once.
U01: Research Project - Cooperative Agreement	Supports cooperative agreements that will have milestone-driven projects focused on the identification and pre-clinical testing of new therapeutics. This cooperative agreement supports a focused research program conducted by a principal investigator with substantial involvement by NINDS staff in research activities.	Prorated based on PI % effort.	Depends on specific announcement.	Up to 5 years. May be renewed.
U10: Cooperative Clinical Research Grant	This cooperative research grant supports the clinical evaluation of various methods of therapy and/or prevention in specific disease areas. There is substantial involvement by NINDS staff in research activities.	Prorated based on PI % effort.	Depends on specific announcement.	Up to 5 years. May be renewed.
U24: Resource-Related Research Project - Cooperative Agreement	This cooperative agreement aims to improve the capability of resources to serve biomedical research. The project includes substantial involvement of NINDS staff, and may serve a local, regional, or national user group. The project will normally include shared resources, technical expertise, and scientific expertise. Supports cooperative agreements that will have milestone-driven projects focused on the identification and pre-clinical testing of new therapeutics.	Prorated based on PI % effort.	Depends on Specific RFA.	Up to 3 years. May be renewed.
U54: NINDS Cooperative Program in Translational Research	This cooperative agreement supports a specialized center that will have milestone-driven projects focused on the identification and pre-clinical testing of new therapeutics. The program will facilitate review and administration of projects and will accelerate the translation of discoveries in basic research to treatment in the clinic. The center may serve as a regional or national resource for special research purposes.	Prorated based on PI % effort.	Program staff approval for over \$500K.	Up to 5 years. May be renewed.
U54: Specialized Center - Cooperative Agreement	This program is designed to augment and strengthen the research capabilities of faculty, students, and fellows at minority institutions by supporting the development of new, and/or the enhancement of ongoing, basic and clinical projects and programs. All projects are milestone driven.	Prorated based on PI % effort.	Up to \$1M per year. (basic)  Up to \$1.5M per year. (clinical)	Up to 5 years. Renewal under administrative consideration.

**Research Education Programs** 

Mechanism – Program	Program Synopsis	Salary/ Stipend	<b>Budget Info.</b>	Duration/ Renewal
R25: NINDS Diversity Research Education Grants in Neuroscience	The National Institute on Neurological Disorders and Stroke (NINDS) Research Education grant is a flexible and specialized mechanism designed to foster the development of neuroscience researchers through creative and innovative educational programs. R25 Education Projects enable grantee organizations to provide research, mentorship and related experiences for undergraduate, graduate and medical students, postdoctoral fellows and other junior scientists to broaden their skills and enhance their career development opportunities. Funding support for the R25 Diversity Education Programs should lead to increased recruitment, mentoring, training and retention of diverse researchers in the scientific and technology workforce. This mechanism of support is not to be used to substitute	Prorated based on the PI % effort.  All personnel costs associated with directing, coordinating, administering and implementing the program may not	Up to \$250K Direct Costs per year.	Up to 5 years.

	the Ruth L. Kirschstein National Research Service Award training and fellowship mechanisms supported by the NIH.	exceed 25% of the total direct costs in any year of the project.		
R25: Research Education Programs for Residents and Fellows in Neurology, Neurosurgery, Neuropathology and Neuroradiology	These research education grants will create an opportunity for medical residents and fellows to participate in an intensive 9 to 24 months of mentored research education experience during residency and fellowship years. This opportunity will include the necessary training for successful competition for independent mentored research awards and will facilitate the transition from fellow/resident to clinician-scientist. In addition to laboratory research skills, participants in the program will develop the critical skills necessary to design and conduct research experiments and write competitive grant applications.	Participants may be paid salary plus fringe for 80% full-time professional effort (4 days per week during the M-F workweek) for between 6 and 12 months per year plus up to \$3000 for travel to a scientific meeting and an NINDS-sponsored workshop.	Up to \$10,000 per year is provided to the institution for administrative costs.	9-24 months. Not renewable.
R25: Summer Research Experience Programs	These research education grants provide a high quality research experience for high school and college students during their summer academic break. The NIH expects that such programs will: help attract young students to careers in science; provide opportunities for college students to gain valuable research experience to help prepare them for graduate school. The programs would also contribute to enhancing overall science literacy. (This program at NINDS does not support science teachers.)	Participant costs are based on a maximum 15 weeks. Salary and fringe benefits up to \$5,000 per high school student and up to \$6,000 per college student. For programs shorter than 15 weeks, these amounts will be prorated accordingly.	Up to \$100K Direct Costs per year.	Up to 5 years.

### **Conference Grants:**

Mechanism –	Program Synopsis	Salary/ Stipend	<b>Budget Info.</b>	Duration/
Program				Renewal
R13: Conference Grant	This granting program provides support for scientific meetings, conferences, and	May request partial	No limit, but	Up to 5 years,
	workshops that are relevant the scientific mission of the NINDS. Support of	salary for PI and	typically in the	but generally 1
	these meetings is contingent on the interests and priorities of the NINDS.	other staff.	range of \$10K-	year. May be

	Consultation with Program staff and subsequent letter of intent is essential to the		\$25K.	renewed.
	development of an R13 application.			
<b>U13: Cooperative</b>	This granting program provides support for scientific meetings, conferences, and	May request partial	No limit, but	Up to 5 years,
<b>Conference Grant</b>	workshops that are relevant the scientific mission of the NINDS. The U13	salary for PI and	generally less than	but generally 1
	requires close collaboration with and input from NINDS Program staff in the	other staff.	\$100K.	year. May be
	conceptualization and administration of the program, e.g., agenda, speakers, and			renewed.
	post-meeting publications.			

### **Small Business Grants:**

Mechanism – Program	Program Synopsis	Salary/ Stipend	C	Duration/ Renewal
R41: Small Business Technology Transfer (STTR), Phase I	To support cooperative R&D projects between small business concerns and research institutions, limited in time and amount, to establish the technical merit and feasibility of ideas that have potential for commercialization. Awards are made to small business concerns only.	Prorated based on PI % effort.	Up to \$100K for phase I.	1 year, followed by STTR phase II.
R42: Small Business Technology Transfer (STTR), Phase II	To support in-depth development of cooperative R&D projects between small business concerns and research institutions, limited in time and amount, whose feasibility has been established in Phase I and that have potential for commercialization. Awards are made to small business concerns only.	Prorated based on PI % effort.	Up to \$750K.	2 years.
R43: Small Business Innovative Research (SBIR), Phase I	To support projects, limited in time and amount, to establish the technical merit and feasibility of R&D ideas that may ultimately lead to a commercial product(s) or service(s).	Prorated based on PI % effort.	Up to \$100K for phase I.	6 months, followed by SBIR phase II.
R44: Small Business Innovative Research (SBIR), Phase II	To support in-depth development of R&D ideas whose feasibility has been established in Phase I and which are likely to result in commercial products or services. SBIR Phase II are considered Fast-Track and do not require National Council Review.	Prorated based on PI % effort.	Up to \$750K.	2 years.
U44: Cooperative Small Business Awards in Translational Research	This Cooperative Agreement aims to provide support for Phase II, and Fast-Track projects that directly address identification and pre-clinical testing of new therapeutics. Cooperative agreements include substantial involvement of NINDS staff.	Prorated based on PI % effort.	Up to \$300K for Ph I of Fast-Track Up to \$750K Up to \$1M if include IND or IDE filing	Up to 2 years for Ph I of Fast- Track Up to 3 years

## **Institutional NRSA Training Grants:**

Mechanism –	Program Synopsis	Salary/ Stipend	<b>Budget Info.</b>	<b>Duration</b> /
Program ↓				Renewal
T32: Institutional	This training grant supports advanced (dissertation stage) predoctoral Ph.D. and	Predocs: \$22,476	Predocs: \$4,200	5-year award.
Training Awards	M.D. students, postdoctoral fellows, or a mix of both. All applications to this	per year.	per year.	Renewable.
	program must have a central focus or theme. Funds should be used to support	Postdocs: \$42,000-	Postdocs: \$7,850	
	novel and/or expanded training opportunities.	\$55,272 per year.	per year.	
T32: Jointly Sponsored	This training grant is jointly sponsored by NINDS and 9 other NIH Institutes. It	Predocs: \$22,476	Predocs: \$4,200	5-year award.
Predoctoral Training in	provides broad training in the Neurosciences focused on the early years of	per year.	per year.	Renewable.

<u>Neuroscience</u>	training before full-time thesis research is started and allows institutions to		
	consolidate their predoctoral training.		

## **Individual NRSA Fellowships:**

Mechanism –	Program Synopsis	Salary/ Stipend	<b>Budget Info.</b>	<b>Duration</b> /
Program ↓				Renewal
F30: Individual	The Kirschstein-NRSA F30 award supports research and clinical training that	\$22,476 per year.	Up to \$4,200 per	Up to 6 years.
<b>Predoctoral Fellowships</b>	leads to the MD/PhD degree or another dual-doctoral degree. Because the F30		year.	Non-renewable.
for Students in MD/PhD	program is intended to support individuals in an integrated, dual-degree program			
<b>Programs</b>	during both their graduate research training and clinical training, the F30 cannot			
	be used to support only the clinical training years. Eligible applicants must be			
	within the first 48 months of their dual-degree program at the time of application,			
	and will not be supported after year 8 of dual-degree training.		** **	
F31: Individual	This fellowship is designed to support up to 5 years of predoctoral research	\$22,476 per year.	Up to \$4,200 per	Up to 5 years.
Predoctoral Fellowships	training for students in combined MD/PhD programs. This mechanism does not		year.	Non-renewable.
for Students in MD/PhD	support medical school education. Individuals must be enrolled in an M.D.			
<u>Programs</u>	program at an accredited medical school, accepted in a related scientific Ph.D.			
	program, and supervised by a mentor in that scientific discipline at the time of submission. Applicants must have a minimum of 1 year of dissertation research			
	remaining at the time an award is made. The final receipt date for new			
	applications was April 8, 2014. Resubmissions will be accepted through the			
	December 8, 2014 receipt date after which this mechanism will be discontinued.			
F31: Individual	This program is an individual NRSA for doctoral candidates that have	\$22,476 per year.	Up to \$4,200 per	Up to 3 years.
Predoctoral Fellowships	successfully completed their comprehensive examinations and will be	φ <b>22</b> , σ per jeur.	year.	Non-renewable.
	performing dissertation research and training. The NINDS will provide up to 3		June	
	years of support for candidates within their first 6 years of graduate school.			
F31: Predoctoral	NINDS will provide up to 5 years of support for research training leading to the	\$22,476 per year.	Up to \$4,200 per	Up to 5 years.
<b>Fellowships</b> to Promote	Ph.D. or equivalent research degree; the combined M.D./Ph.D. degree; or other		year.	Non-renewable.
Diversity	combined professional doctorate/research Ph.D. degrees in the biomedical or			
	behavioral sciences. These fellowships (F31) are for well-qualified students			
	from diversity groups found to be underrepresented in the biomedical and			
	behavioral sciences in the United States (as defined in the program			
	announcement). The overall goal of this program is to increase the number of			
	scientists from diverse population groups who are prepared to pursue careers in			
F32: Individual	biomedical, behavioral, social, clinical, or health services research.  This individual NRSA targets individuals seeking postdoctoral research training	\$42,000-\$55,272	Up to \$7,850 per	Up to 3 years.
Postdoctoral Fellowships	in the basic and clinical neurological sciences.	per year.	year.	Non-renewable.
F05: International	This program provides a unique opportunity to qualified foreign neuroscientists,	\$42,000-\$55,272	Up to \$7,850 per	Up to 3 years.
Neuroscience Fellowship	at the junior or mid-career level, to receive up to three years of research training	per year.	year.	Non-renewable.
Program Program	in the United States (U.S.). Eligible individual applicants include non-immigrant	Por Jour.	Jour.	Tion renewable.
<del></del>	foreign scientists with a doctoral degree (or its equivalent) and a sponsor in the			
	U.S. who is affiliated with an eligible U.S. organization. This individual must			
	also have an endorsement from their home institution, and an appointment in an			
	institution in their home country upon completion of the fellowship. The			

	proposed research training must be within the scope of biomedical, behavioral, or clinical research as it relates to neuroscience, and should enhance the trainee's knowledge and skills to conduct independent research in his or her home			
	country.			
F33: Individual Senior	This senior NRSA fellowship is for individuals beyond the new-investigator	Commensurate	Up to \$7,850 per	Up to 3 years.
<u>Fellowships</u>	stage who wish to: 1) make major changes in their research direction; 2) broaden	with base salary	year.	Non-renewable.
	their scientific background; or 3) acquire new research skills.	that would be paid		
		by the institution		
		with which the		
		awardee is		
		permanently		
		affiliated.		

**Career Development Awards:** 

Mechanism –	Program Synopsis	Salary/ Stipend	<b>Budget Info.</b>	Duration/
Program ↓				Renewal
K01: NINDS Faculty Development Award to Promote Diversity in Neuroscience Research	The NINDS Faculty Development Award to Promote Diversity in Neuroscience Research (K01) provides junior faculty support and protected time (up to three years) for an intensive, supervised career development experience in neuroscience research. The goal of the NINDS K01 is to diversify the pool of independent neuroscience research investigators and to enhance the probability of success in obtaining independent NIH or other independent research support. Mentoring is expected to be appropriate for this stage of career and should focus on enhancing tenure track (or equivalent) activities or metrics (i.e., helping the junior faculty member to navigate institutional expectations, scientific networks, and practices that are relevant to productivity and advancement at the institution). Individuals from backgrounds underrepresented in biomedical research are eligible for support under this award if they have doctoral research degrees (Ph.D. or equivalent) and are in the first 3 years of a faculty position at the time of award.	Up to \$85,000 per year.	Research and career development costs up to \$100,000 per year.	Up to 3 years. Not renewable.
K02: Independent Scientist Award	This program provides a period of intensive research focus for newly independent clinical-scientists. The award provides salary and research costs for the first three years, and continued salary support for years four and five, contingent on successful competition for an R01 or equivalent award. In contrast to requirements of other institutes, applicants are not eligible for this award if they have a major, independent, peer-reviewed research grant (R01, subproject on a P01, or equivalent) prior to receiving the K02 award. Awardees are encouraged to apply for R01 support at any time after they've received the K02 award.	Years 1-3: Up to \$105,000 per year. Years 4-5: Up to 80% of institutional base	Years 1-3: Up to \$50,000 per year. Years 4-5: N/A	Up to 5 years. (Years 4/5 require R01). Not renewable.

K08: Mentored Clinical Scientist Research Career Development Award	This award provides "protected time" for clinically trained persons to participate in an intensive, supervised training program in biomedical research. Candidates must apply within 3 years of completing clinical training.	Up to \$95,000 per year.	Up to \$50,000 per year.	3-5 years. Not renewable.
K12: Neurological Sciences Academic Development Award (NSADA)	Institutional award to train pediatric neurologists for careers in research. Newly trained pediatric neurologists are selected and appointed to this program by the sponsoring institution. It is expected that individuals appointed to the NSADA program will subsequently apply for their own Mentored Clinical Scientist Development Award (K08), the Mentored Patient-Oriented Career Development Award (K23), an NINDS Research Scientist Development Award (K02) or an R01, to continue their research training.	Up to \$85,000 per year.	Up to \$30,000 per year.	Up to 5 years. May be renewed.
K23: Mentored Patient- Oriented Research Career Development Award	Supports the career development of clinically trained investigators with an M.D. or equivalent degree who have made a commitment to patient-oriented research. For the purposes of this award, patient-oriented research is defined as research conducted with human subjects (or on material of human origin such as tissues, specimens, and cognitive phenomena) for which an investigator directly interacts with human subjects. This area of research includes: 1) mechanisms of human disease; 2) therapeutic interventions; 3) clinical trials; and 4) the development of new technologies.	Up to \$95,000 per year.	Up to \$50,000 per year.	3-5 years research. Not renewable.
K24: Midcareer Patient- Oriented Research Career Development Award	Supports clinicians (M.D. degree or equivalent) devoted to patient-oriented research and to mentoring of beginning clinical investigators in this area of research. Candidates must have independent research support at the time of application and maintain independent research support for the duration of the career award. NINDS has detailed programmatic priorities with regard to the mentoring component of the K24 award. Potential applicants are urged to contact the NINDS Director of Training and Career Development before preparing an application.	Salary of 25 to 50% full-time professional effort consistent with the established salary structure at the institution	Up to \$50,000 per year for mentoring activities.	Up to 5 years. May be renewed.

<b>K22: NINDS Advanced</b>	The NINDS Advanced Postdoctoral Career Transition Award to Promote	Phase I: Follows	Phase I: research	Phase I: 2-3
Postdoctoral Career	Diversity (K22) is designed to increase the number of highly trained early career	NRSA salary	and career	years.
<b>Transition Award to</b>	investigators from diverse backgrounds underrepresented in neuroscience	guidelines based on	development costs	
<b>Promote Diversity in</b>	research. This opportunity provides individuals from diverse backgrounds	years of experience	up to \$25,000 per	Phase II: up to 3
<b>Neuroscience Research</b>	underrepresented in neuroscience with the resources and tools that will help		year	years.
	facilitate a transition to a stable and productive independent research position.	Phase II: Up to		
	Individuals are eligible for support under this award if they have doctoral	\$85,000 per year	Phase II: research	Total duration of
	research degrees (Ph.D., Ph.D./M.D. or equivalent) and between 2 and 5 years of		and career	Phase I and II
	postdoctoral research experience at the time of application. This award is		development costs	may not exceed
	divided up into two phases: an advanced postdoctoral training period (Phase I)		up to \$100,000 per	5 years.
	and a subsequent independent position (Phase II). Transition from Phase I to II is		year	
	contingent on the awardee securing an independent faculty position by the			Not renewable.
	completion of Phase I.			
K99/R00: Pathway to	The intent of this program is to increase and maintain a strong cohort of new	Up to \$50,000 per	Up to \$20,000 per	Up to 2 years for
Independence Award	NIH-supported independent investigators. Investigators complete supervised	year.	year.	the mentored
	research and publish findings during the mentored phase. Transition to the			phase, up to 3
	independent phase is contingent on the awardee securing an independent research	(Intramural	(Intramural	years for
	position prior to completion of the mentored phase. Award recipients will be	candidates will be	candidates will be	independent
	expected to obtain R01 support from the NIH during the independent phase of	supported by DIR	supported by DIR	phase. Not
	the award.	funds)	funds)	renewable.

**Training for Diverse Populations:** 

Mechanism –	Program Synopsis	Salary/ Stipend	Budget Info.	Duration/
Program \	110gram Synopsis	Salary/ Superior	Buaget III.	Renewal
NINDS Research Supplements to Promote Diversity in Health- Related Research	Supplemental funds to active NINDS research grants are available from the NINDS for supporting individuals a) from underrepresented ethnic or racial groups, b) from disadvantaged backgrounds, or c) with disabilities. This program is part of an NIH initiative to increase diversity in the biomedical research workforce. Institutions are encouraged to identify candidates who will increase diversity on a national or institutional basis. This program targets six educational groups: High School Students, Undergraduate Students, Post-Baccalaureate and Post-Master's Degree Students, Graduate Students, Postdoctoral Candidates, and Faculty Members.	Salary for the different educational groups should be consistent with the institutional salary policies.	Varies depending on the career level of the candidate. Information can be found on FOA Section 111.3.	Minimum of 2 years/not renewable
	In all cases, the proposed research experience must be an integral part of the approved, ongoing research of the parent grant and it must have the potential to contribute significantly to the research career development of the candidate. In addition to an outlined training plan for the candidate, the principal investigator must demonstrate that they are willing to provide appropriate mentorship.  These programs have been designed to attract individuals from underrepresented groups into research careers and are not intended to provide an alternative or additional means of supporting individuals who already receive support from an NIH research grant, an NIH National Research Service Award (NRSA), or any			

Research Supplements to	other DHHS funding mechanism. Applications may be submitted at any time by investigators holding NINDS grants (see program announcement for eligible grant mechanisms). Though supplements are received on a rolling basis NINDS implemented three review cycles per fiscal year for funding decisions (see NOT-NS-08-004).  The Office of Research on Women's Health (ORWH), participating Institutes and Centers (ICs) of the National Institutes of Health (NIH), and the Office of	Must be in accordance with	Up to \$10,000	1-3 years/not renewable.
Promote Re-Entry into Biomedical and Behavioral Research Careers	Dietary Supplements (ODS) announce a continuing program for administrative supplements to research grants to support individuals with high potential to reenter an active research career after a qualifying interruption for family or other responsibilities. The purpose of these supplements is to encourage such individuals to re-enter research careers within the missions of all the program areas of NIH. This program will provide administrative supplements to existing NIH research grants for the purpose of supporting full-time or part-time research by these individuals in a program geared to bring their existing research skills and knowledge up to date. Though supplements are received on a rolling basis NINDS implemented three review cycles per fiscal year for funding decisions. (see NOT-NS-08-004).	the salary structure of the grantee institution		renewable.
F31: Predoctoral Fellowships to Promote Diversity	See Individual NRSA Fellowships for more information.			
K01: NINDS Faculty Development Award to Promote Diversity in Neuroscience Research	See Career Development Awards for more information.			
K22: NINDS Advanced Postdoctoral Career Transition Award to Promote Diversity in Neuroscience Research	See Career Development Awards for more information.			

### Writing a Grant Application: An Informal Guide

#### 1. Essentials

- a. Significance
- b. Sound, clear hypotheses
- c. Productivity and demonstration of feasibility -- high quality results and figures
- d. Logical development of experimental design experiments address stated hypotheses
- e. Can you do everything you propose to do in the time requested -- "Overly Ambitious" is one of the most common criticisms of young investigators.
- f. Plan ahead and don't rush -- give yourself at least 2-3 months to prepare the grant application.
- g. Arrange with colleagues or mentors to review a first draft of your specific aims early (6 weeks or so). You want the harshest critiques before you submit.

#### 2. Specific aims

- a. Do the aims address interesting and significant issues?
- b. Are they hypothesis-based?
- c. Are they "win-win" i.e., will an outcome consistent with the null hypothesis still be a contribution to the field?

#### 3. Preliminary results

- a. Preliminary results should support feasibility of study and hypotheses.
- b. Make sure that the major methods to be used in the proposed work are reflected by preliminary results. If you do not have expertise or preliminary results with a technique, make sure you list a solid, experienced consultant or collaborator and include a letter agreeing to the collaboration, and a specific statement about what the collaborator will contribute.
- c. Put time and effort into preparing meticulous figures, graphs, or tables; this is your chance to demonstrate rigor and organization that will increase the reviewer's confidence that you can carry out the project. This cannot be overemphasized: a high quality application reflects high quality work (and vice-versa).

#### 4. Experimental design

- a. This is one of the most common places where the text is insufficient. This is not just a place to tediously list group sizes, detailed methods, etc. This is the place to demonstrate your ability to think knowledgeably and logically.
- b. Develop your aims; of all the sections this may well be the part of the grant application upon which you spend the most time.
- c. What happens if your first specific aim doesn't work out as you have predicted? Will aims 2, 3 and 4 then be rendered useless? Where do you go if the first step fails? Have multiple working hypotheses.

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d. One method that often works is to divide this section into subheadings after *each* specific aim is restated, as follows:

Specific Aim #

- i. *Rationale*: How does this design relate to your hypotheses? What is your reasoning (in detail)?
- ii. *Methods*: List general approaches first, explaining why the methods you propose are the best available for your questions. (*caveat*: if you realize that you do not have the best, most direct methods for your questions, you need to rethink your aims or incorporate collaborators or new preliminary data showing feasibility with the necessary techniques.) \*\*Don't forget to address statistical analysis.
- iii. Anticipated results: You need to devote a great deal of thought, and text, to potential outcomes and their likelihood of realization. Explain how you will interpret the different outcome scenarios and how these results relate back to your hypotheses. This is an opportunity to demonstrate creativity and enthusiasm for the data to be obtained, and show that you have considered the interpretation of alternative outcomes.
- iv. *Problems and pitfalls:* Be honest with yourself. If this section feels horribly uncomfortable, it is because you are probably trying an experiment that is not feasible. All experiments have pitfalls, but you should be able to recover from them in a satisfactory way. Explain the pitfalls, and how alternate approaches will be used to overcome them if they occur. Do not think that avoiding mentioning a pitfall is a good strategy it usually doesn't work. The reviewer will very likely notice the pitfall and believe that you are not aware of it, decreasing confidence in your ability to conduct the study.

#### 5. <u>Timetable</u>

This is a worthwhile exercise, but does not need to take up an inordinate amount of space. The idea is to take a serious look at the amount of work you've proposed and demonstrate to reviewers that this amount is appropriate.

#### 6. Responsible Conduct of Research (RCR)

In order to receive an award, applicants must comply with the NIH RCR policy. Pay close attention to the instructions listed in the notice (NOT-OD-10-019: <a href="http://grants.nih.gov/grants/guide/notice-files/not-od-10-019.html">http://grants.nih.gov/grants/guide/notice-files/not-od-10-019.html</a>).

#### 7. Contact an NIH Program Director

Not all institutes support all grant mechanisms. Moreover, institutes use grant mechanisms differently. Be sure that an institute will support your research/training with the mechanism you are applying to. Institute websites and web links in program announcements describe institute interests. You should also contact an institute program director if you plan to apply for a training award other than an F32 (which all institutes support).

### **Common Mistakes in NIH Grant Applications**

The five review criteria for most NIH grant applications are Significance, Approach, Innovation (not necessary, but the results should have compelling significance), Investigator and Environment:

#### Problems with Significance:

Not significant, exciting, or new research Lack of compelling rationale Incremental and low impact research

#### Problems with Approach:

Too ambitious, too much work proposed Unfocused aims, unclear goals Limited aims and uncertain future directions

#### Problems with Experimental Design:

Inappropriate level of experimental detail
Feasibility of each aim not shown
Little or no expertise with approach
Lack of appropriate controls
Not directly testing hypothesis
Correlative or descriptive data
Experiments not directed towards mechanisms
No discussion of alternative models or hypotheses
No discussion of potential pitfalls
No discussion of interpretation of data
Inadequate description of statistical approach/analyses

#### Problems with Investigator:

No demonstration of expertise or publications in approaches Low productivity, few recent papers No collaborators recruited or no letters from collaborators Lack of funding

#### Problems with Environment:

Inadequate institutional support

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#### **NIH Websites**

#### THE FUNDING COMPONENTS OF NIH

The NIH Homepage: http://www.nih.gov

Homepages of the NIH Institutes, Centers & Offices: <a href="http://www.nih.gov/icd/">http://www.nih.gov/icd/</a>

#### THE NIH GUIDE FOR GRANTS AND CONTRACTS:

Program Announcements (PAs) and Request for Applications (RFAs): http://www.nih.gov/grants/guide/index.html

Institutes, Centers, & Offices at the NIH <a href="http://www.nih.gov/icd/">http://www.nih.gov/icd/</a>

NIH Grants Policy Statement <a href="http://grants.nih.gov/grants/policy/nihgps/">http://grants.nih.gov/grants/policy/nihgps/</a>

#### THE APPLICATION PROCESS

NCI's Quick Guide to the Preparation of NIH Grant Applications: http://deainfo.nci.nih.gov/extra/extdocs/gntapp.pdf

Application Receipt, Referral and Review, Center for Scientific Review:

 $\underline{http://www.nih.gov/grants/funding/submissionschedule.htm}$  and

http://www.csr.nih.gov/

NIH Grant Application Instructions, Guidelines and Forms: <a href="http://www.nih.gov/grants/forms.htm">http://www.nih.gov/grants/forms.htm</a>

NIH Modular Grant Information, Q&A, Sample Budget and Biosketch: http://www.nih.gov/grants/funding/modular/modular.htm

NIAID "How To" website for developing a grant application: <a href="http://funding.niaid.nih.gov/researchfunding/grant/pages/aag.asp">http://funding.niaid.nih.gov/researchfunding/grant/pages/aag.asp</a> <a href="http://funding.niaid.nih.gov/researchfunding/grant/pages/aag.asp">http://funding.niaid.nih.gov/researchfun

#### THE REVIEW PROCESS

The Five Review Criteria for Most NIH applications: <a href="http://grants.nih.gov/grants/guide/notice-files/NOT-OD-09-025.html">http://grants.nih.gov/grants/guide/notice-files/NOT-OD-09-025.html</a>

Descriptions of Initial Review Groups at the Center for Scientific Review: http://www.csr.nih.gov/review/irgdesc.htm

NIH Center for Scientific Review Study Section Rosters: <a href="http://www.csr.nih.gov/committees/rosterindex.asp">http://www.csr.nih.gov/committees/rosterindex.asp</a>

#### DATA ON ACTIVE GRANTS

Research Portfolio Online Reporting Tool (RePORT) of NIH awarded grants

http://projectreporter.nih.gov/reporter.cfm

NIH eRA commons:

https://commons.era.nih.gov/commons/

#### THE SPECIAL PROGRAMS AT NIH

The K Awards:

http://www.nih.gov/training/careerdevelopmentawards.htm

Application Guidelines for the K Awards: http://grants.nih.gov/grants/funding/424/index.htm

Ruth L. Kirschstein National Research Service Awards Institutional Research Training Grants Individual Fellowships

http://grants.nih.gov/training/nrsa.htm

R03/Small Grant Program

http://www.nih.gov/grants/funding/r03.htm

AREA or R15 for Non-Research-Intensive Colleges and Universities:

http://www.nih.gov/grants/funding/area.htm

SBIR/STTR Homepage:

http://www.nih.gov/grants/funding/sbir.htm

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### Where to find Help

#### NINDS Office of Training, Career Development and Workforce Diversity

The NINDS supports training opportunities in basic, clinical and translational research. Career development programs (K awards) are designed primarily to support clinician-scientists doing either basic or clinical research, but are also used for other specialized purposes. Fellowships (F awards) are available for predoctoral and postdoctoral scientists, as well as for established investigators who wish to change career direction or gain new skills for their research. The NINDS Training website (<a href="http://www.ninds.nih.gov/funding/areas/training">http://www.ninds.nih.gov/funding/areas/training</a> and career development/index.htm) provides the following types of information:

- Grant mechanisms and other funding opportunities
- Policy updates affecting training and career development programs
- **❖** Application information and forms
- Program Contacts
- Grant-writing tips
- Events of Interest

#### How can I find out about grant opportunities at the NIH?

There are a variety of ways to find out about current funding opportunities offered by the NIH. If you know the Institute to target with your application, you can visit their website directly to find funding opportunities. A list of the NIH Institutes and their respective websites can be found here: <a href="http://www.nih.gov/icd/">http://www.nih.gov/icd/</a>

If you would like to search for a specific NIH funding opportunity or review new NIH program announcements, you can query the NIH Guide for Grants and Contracts: http://grants.nih.gov/grants/guide/index.html

For all federal funding opportunities, you can query Grants.gov: <a href="https://www.Grants.gov">www.Grants.gov</a>

The Career Award Wizard is designed to help applicants determine what Career (K) Award programs they may be eligible for based on their level and type of training:

http://grants1.nih.gov/training/careerdevelopmentawards.htm

New Table of Page Limits For all NIH funding opportunities: http://grants.nih.gov/grants/forms\_page\_limits.htm

The F Kiosk is designed to help applicants discern which fellowship programs are appropriate for their career stage: <a href="http://grants1.nih.gov/training/F">http://grants1.nih.gov/training/F</a> files <a href="mailto:nrsa.htm">nrsa.htm</a>

The NIH New Investigator Resource Page provides timely updates regarding grant opportunities for new investigators:

http://grants1.nih.gov/grants/new\_investigators/index.htm

Funding opportunities through the NIH Roadmap for Medical Research and the NIH Blueprint for Neuroscience Research are posted on their respective websites:

- ❖ NIH Roadmap: http://nihroadmap.nih.gov/
- ❖ NIH Blueprint: http://neuroscienceblueprint.nih.gov/

Loan repayment programs are available for some candidates.

NIH Loan Repayment Program:

http://www.lrp.nih.gov

NINDS Loan Repayment Program: <a href="http://www.ninds.nih.gov/funding/areas/training">http://www.ninds.nih.gov/funding/areas/training</a> and career development/NINDS Loan Repayment Guidelines.htm

#### How can I find out about training opportunities at the NIH?

There are opportunities for students, postdocs, clinicians, and other investigators to come to the NIH for a research training experience.

- For opportunities across the NIH: <a href="http://www.training.nih.gov/">http://www.training.nih.gov/</a>
- ❖ For opportunities at NINDS: <a href="http://intra.ninds.nih.gov/training.asp">http://intra.ninds.nih.gov/training.asp</a>

#### What must I know before I apply?

After identifying grant opportunities that suit your research interests and career stage, familiarize yourself with appropriate forms and deadlines. You may also want to contact program staff to ensure that the proposed research is in line with the mission of the Institute(s) targeted by your application.

NIH Forms and Applications

http://grants.nih.gov/grants/forms.htm

Grant Submission Deadlines and Review Timelines

http://grants.nih.gov/grants/funding/submissionschedule.htm

Electronic Submission of Applications General Information:

http://era.nih.gov/ElectronicReceipt/index.htm

Timeline for Required use of Electronic Submission:

http://era.nih.gov/ElectronicReceipt/files/Electronic receipt timeline Ext.pdf

To apply for a grant, your organization must be registered with Grants.gov:

www.grants.gov

The NIH eRA Commons allows applicants to track the status of their application and monitor their award. Registration is required:

https://commons.era.nih.gov/commons/

#### Where can I find grant-writing tips?

Several Institutes have developed materials to guide new investigators through process of grant-writing. A few of these resources are listed below with a reference to the

authoring Institute.

Grants Tutorials (NIAID)

http://funding.niaid.nih.gov/researchfunding/grant/pages/aag.aspx

Tips for new NIH Grant Applicants (NIGMS)

http://www.nigms.nih.gov/Research/Application/Tips.htm

Common Mistakes in NIH Applications (NINDS)

http://www.ninds.nih.gov/funding/grantwriting\_mistakes.htm

Grant Writing: A 12-Step Program (NIMH)

http://www.ninds.nih.gov/funding/NLD\_SfN\_Oct\_2005.pdf

A Short Guide to the Preparation of an NIH R01 Grant Applications (NCI)

http://deainfo.nci.nih.gov/extra/extdocs/gntapp.pdf

#### **Understanding Peer Review**

Several online resources are available to demystify the review process.

The Peer Review Process

http://cms.csr.nih.gov/AboutCSR/OverviewofPeerReviewProcess.htm

Video on Peer Review at NIH

http://cms.csr.nih.gov/ResourcesforApplicants/InsidetheNIHGrantReviewProcessVideo.htm

**Review Group Descriptions** 

http://cms.csr.nih.gov/PeerReviewMeetings/CSRIRGDescription/

Study Section Rosters

http://www.csr.nih.gov/Committees/rosterindex.asp

#### **Contacts:**

Be sure to review the contact list associated with the funding opportunity announcement through which you are applying.

Institute-specific requirements and contacts for parent Career Award Programs

K01: <a href="http://grants.nih.gov/grants/guide/contacts/parent\_K01.html">http://grants.nih.gov/grants/guide/contacts/parent\_K01.html</a>

K08: <a href="http://grants.nih.gov/grants/guide/contacts/parent-K08.html">http://grants.nih.gov/grants/guide/contacts/parent-K08.html</a>

K23: <a href="http://grants.nih.gov/grants/guide/contacts/parent-K23.html">http://grants.nih.gov/grants/guide/contacts/parent-K23.html</a>

K25: <a href="http://grants.nih.gov/grants/guide/contacts/parent-k25.html">http://grants.nih.gov/grants/guide/contacts/parent-k25.html</a>

K99/R00: http://grants.nih.gov/grants/guide/contacts/parent K99 R00.html

K02: <a href="http://grants.nih.gov/grants/guide/contacts/parent">http://grants.nih.gov/grants/guide/contacts/parent</a> K02.html

K24: <a href="http://grants.nih.gov/grants/guide/contacts/parent-K24.html">http://grants.nih.gov/grants/guide/contacts/parent-K24.html</a>

In addition, each Institute has appointed contact persons for Extramural (E) and Intramural (I) Training Programs: <a href="http://grants.nih.gov/training/tac-training-contacts.doc">http://grants.nih.gov/training/tac-training-contacts.doc</a>

#### Other useful websites:

NIH OER Human Subjects Website <a href="http://grants1.nih.gov/grants/policy/hs/index.htm">http://grants1.nih.gov/grants/policy/hs/index.htm</a>

NIH OER Office of Laboratory Animal Welfare Website http://grants2.nih.gov/grants/olaw/olaw.htm

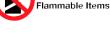
NIH Office of Research Integrity Website <a href="http://ori.dhhs.gov/">http://ori.dhhs.gov/</a>

Howard Hughes Medical Institute (HHMI) Materials for Successful Laboratory Management <a href="http://www.hhmi.org/resources/labmanagement/resources.html">http://www.hhmi.org/resources/labmanagement/resources.html</a>









No Dangerous or









### **Contact Information**

#### **National Institute of Neurological Disorders and Stroke (NINDS)**

National Institutes of Health
Building 31, Room 8A07 • 31 Center Drive, MSC 2540
Bethesda, MD 20892-2540
Phone: (301) 496-5751

Email: braininfo@ninds.nih.gov Website: www.ninds.nih.gov Director: Walter Koroshetz, MD E-mail: koroshetzw@ninds.nih.gov

#### **Association of University Professors of Neurology**

5841 Cedar Lake Road, Suite 204 • Minneapolis, MN 55416

Phone: (952) 545-6724 • Fax: (952) 545-6073

E-mail: neuro@aupn.org Website: www.aupn.org Executive Director: JoAnn Taie

#### **American Neurological Association**

15000 Commerce Parkway, Suite C • Mount Laurel, NJ 08054-2212

Phone: (856) 638-0423 • Fax: (856) 439-0525

E-mail: velliott@aneuroa.org Website: www.aneuroa.org Executive Director: Victoria Elliott

#### **Child Neurology Society**

1000 W. County Road E, Suite 290 Saint Paul, Minnesota 55126

Phone: (651) 486-9447 • Fax: (651) 486-9436
Email: nationaloffice@childneurologysociety.org
Website: www.childneurologysociety.org
Executive Director: Roger Larson