Preparing an NIH F31 or F30 Award Application

Kei Katsura, DDS
My Background

• Born in Berkeley, CA; raised in Orinda, CA
• 2006-2010 Middlebury College, VT (Biology & Spanish)
• 2010-2011 Research lab tech
• 2012 enrolled in PhD/DDS program in Oral & Craniofacial Sciences
• 2013 submitted F30
Timeline for Preparing Proposal

- Fall 2011-2012 Established project
- Jan 2013 BMS Cell Bio Proposal practice
- Jan 2013 Submitted R21 with mentor
- April 2013 Started preparing F30 documents
- June 2013 Submitted F30
- Oct 2013 Reviewed F30 scheduled (Gov shutdown, so postponed review to Dec 2013)
- Jan 2014 Reviewed F30 with Dec submissions, not fundable score
- June-Dec 2014 Wrote F30 Revisions
- Dec 2014 Submitted F30 Revision
- Jan 2015 Reviewed F30 Revision
- July 2015 Received F30 funding
Practical Tips / Lessons Learned

• Start early (6mos), and work consistently (weekly)!
• Communicate with mentor
  • Be sure to check that an application hasn’t been submitted on your research by your PI that overshadows your own research!
• Look at examples from successful applications
• Think about your whole application, not just your research strategy
• Talk to the program officer
• It’s OK if you have to resubmit – it’ll just get better
Road to the F31

Andrew McNeal
BMS Graduate Student
Judson Lab UCSF
4/17/2019
Hi, I’m Andrew

• 4th year BMS grad student

• Judson and Ashworth Lab member

• I did my undergrad degree at Haverford College.

• Worked as a technician in a skin cancer lab at UPENN.

• I investigate how melanocytic nevi form in human skin and how they can progress to melanoma.
If at first you don’t succeed…

<table>
<thead>
<tr>
<th>Fellowship Name</th>
<th>Date</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>NSF (1st time)</td>
<td>Fall 2015</td>
<td>❌</td>
</tr>
<tr>
<td>Cancer Center Predoctoral Fellowship</td>
<td>Summer 2016</td>
<td>❌</td>
</tr>
<tr>
<td>NSF (2nd time)</td>
<td>Fall 2016</td>
<td>❌</td>
</tr>
<tr>
<td>UCSF Discovery Fellowship</td>
<td>Summer 2017</td>
<td>❌</td>
</tr>
<tr>
<td>Fletcher Jones/Lloyd Kozloff/Krevans Internal Fellowships</td>
<td>Spring 2018</td>
<td>❌</td>
</tr>
<tr>
<td>NIH/NCI F31 Predoctoral Fellowship</td>
<td>April 2018 Deadline</td>
<td>✔️</td>
</tr>
</tbody>
</table>
Proposal timeline: 3rd Year of the BMS Program

- Collected and read sample proposals
- Contacted RMS team
- Began grant writing
- Aims solidified
- Final Submission to NCI/NIH

December 2017
January 2018
February 2018
March 2018
April 2018

- Started seriously thinking about grant
- Reference Letters
Practical Tips

1) Definitely get full copies of grants (ideally with reviewer comments) from past awardees.

2) Grant writer and Project Manager!

3) If you are writing about a disease, remember that the disease is not the problem you are trying to address.
Lessons Learned

• Make sure your IRBs are in order!

• Training Potential is an important factor.

• If you are working with a new PI, it’s best to have an experienced co-sponsor.

• The reviewers will pay careful attention to your mentorship team and your training plan.
Getting a Predoctoral Fellowship
NIH F30/F31

Rachel Care
April 17, 2019
Who am I?

• from Bay Area
• B.S. in Neuroscience from UCLA
• Fulbright Scholar in Germany – microbiology and neuroscience
• UCSF Neuroscience program 2013-2019
Fellowships/grants I’ve applied for

• NSF - part of first-year training
  • Honorable Mention
• NRSA F31
  • Awarded on first submission
Fellowships/grants I have been awarded

• NRSA F31
  • ~$112k (stipend, institutional costs, equipment for 3 years)
Timeline

December 2015  Joined lab
February 2016  Passed quals
April 2016     Didn’t submit NRSA
August 2016    Did submit NRSA
Three practical tips

• Respect the $\frac{4}{5}$ths of the grant that are not your scientific proposal

• Put yourself in the readers’ shoes

• Have a very detailed training plan