

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

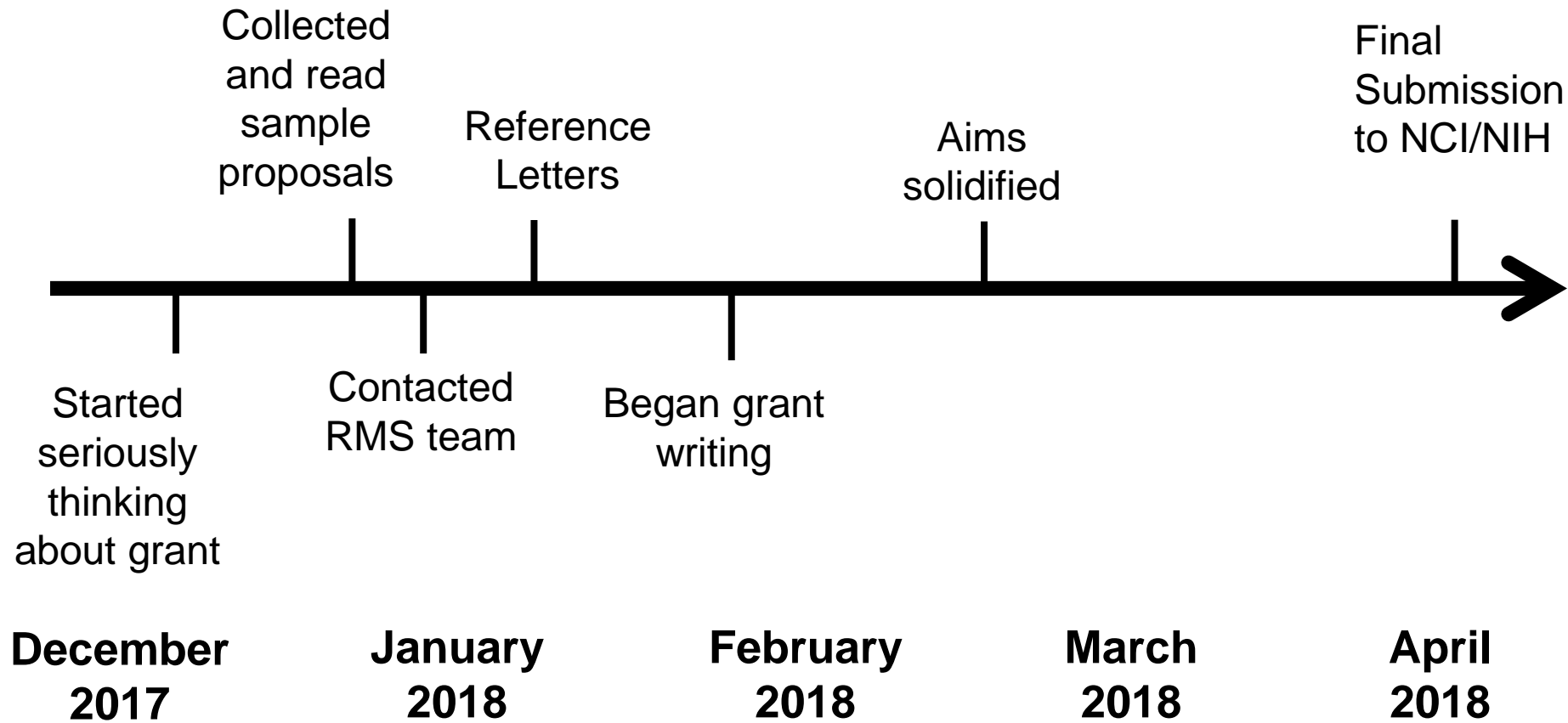
Hi, I'm Andrew

- 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...

Fellowship Name	Date	Outcome
NSF (1 st time)	Fall 2015	✘
Cancer Center Predoctoral Fellowship	Summer 2016	✘
NSF (2 nd time)	Fall 2016	✘
UCSF Discovery Fellowship	Summer 2017	✘
Fletcher Jones/Lloyd Kozloff/Krevans Internal Fellowships	Spring 2018	✘
NIH/NCI F31 Predoctoral Fellowship	April 2018 Deadline	✔

Proposal timeline: 3rd Year of the BMS Program



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

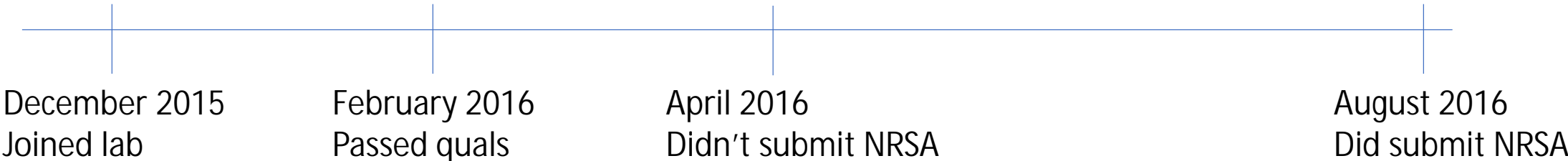
Fellowships/grants I've applied for

- 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



Three practical tips

- Respect the 4/5^{ths} of the grant that are not your scientific proposal
- Put yourself in the readers' shoes
- Have a very detailed training plan