

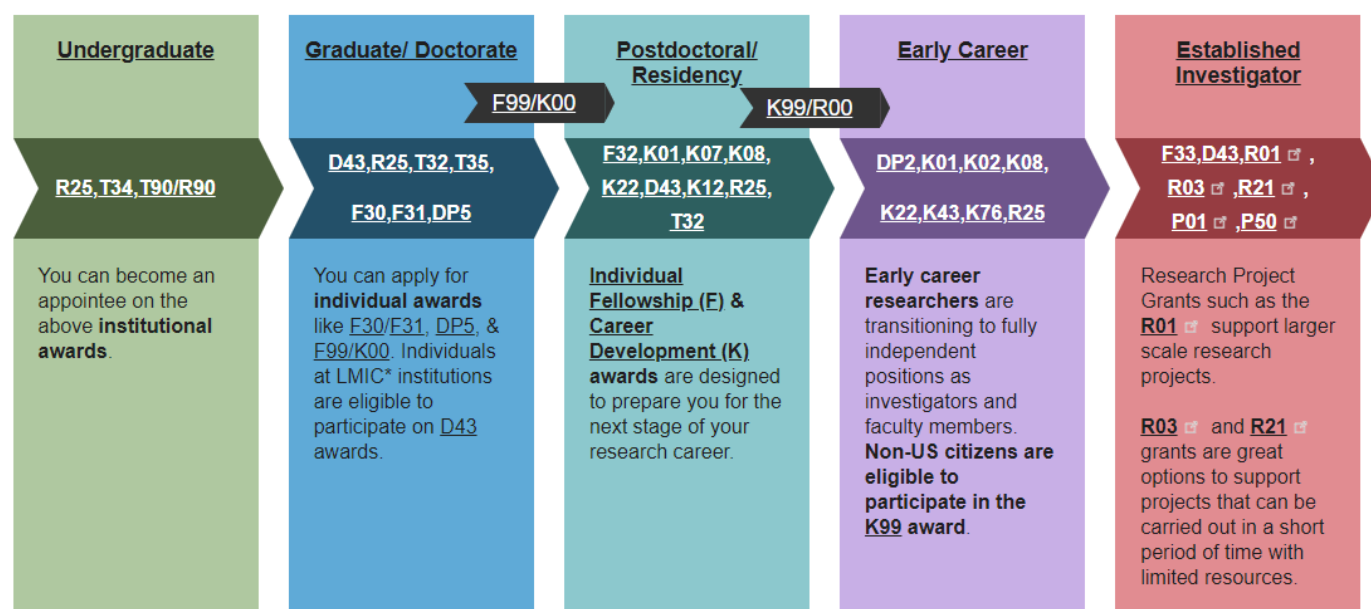
# What You Should Know About NIH Training & Career Development Grants



## TYPES OF TRAINING AND CAREER DEVELOPMENT GRANTS

NIH Training Grants are programs funded by the National Institutes of Health (NIH) aimed at developing and enhancing the research capabilities of scientists and health professionals. These grants are designed to support predoctoral, postdoctoral, and short-term research training opportunities in various biomedical, behavioral, and clinical research areas.

### NIH Funding Programs by Career Stage



- T** **Training** - To provide institutional research training opportunities (including international) to trainees at the undergraduate, graduate, and postdoctoral levels
- F** **Fellowship** - To provide individual training opportunities (including international) to supported fellows at the undergraduate, graduate, postdoctoral, and senior career levels
- K** **Career Development** - To provide individual and institutional career development opportunities to supported candidates at the postdoctoral, early career, and mid career levels.
- R** **Research Education** - To provide research education opportunities, including courses, research experiences, mentoring, curriculum development, and outreach.
- L** **Loan Repayment** - To provide for the repayment of the educational loan debt of qualified health professionals.
- O** **Other** - To provide other training-related opportunities in research.

## TIPS FOR TRAINEES

Applying for an NIH Training Grant can be a competitive and rigorous process, especially for Early Stage Investigators. Here are some tips to help increase the chances of a successful application:

- 1 Start Early** - Begin the application process well in advance of the deadline to ensure ample time for drafting, revisions, and obtaining necessary approvals and letters of support. **Familiarize yourself with the specific type of NIH Training Grant** you are applying for (e.g., F31, F32, T32). Each has its own eligibility requirements and application procedures.
- 2 Develop a Strong Research Plan** - Clearly articulate your research hypothesis, objectives, and methodologies. Make sure your research is innovative and addresses significant scientific questions. Ensure your plan is feasible within the timeframe and resources available. **Emphasize Training and Career Development** - Highlight how the grant will contribute to your training and career goals. Specify how mentorship will help you achieve your research and career objectives.
- 3 Choose the Right Mentor(s)** - Select mentors with strong track records in your research area and experience in mentoring trainees. Obtain letters of support from mentors detailing their commitment to your training and development.
- 4 Demonstrate Institutional Support** - Show that your institution is committed to providing the necessary resources and environment for your research and training. Include letters of support from your department or institution.
- 5 Highlight Your Qualifications and Potential** - Showcase your academic achievements, research experience, and any publications or presentations. Discuss your long-term career goals and how this grant will help you achieve them.
- 6 Follow Guidelines and Instructions Carefully** - Adhere strictly to the NIH application guidelines and formatting requirements. Seek feedback. Ask colleagues, mentors, and experienced grant writers to review your application. Be open to constructive criticism and use it to improve your application.
- 7 Persistence and Resilience** - Don't be discouraged by rejection. Many successful scientists faced initial rejections before securing funding. Use reviewer feedback to strengthen your application for future submissions.



## Resources

- [NIH Research Training and Career Development - Division of Biomedical Research Workforce](#)
- [Research Training & Career Development - FAQs](#)
- [NRSA Stipend Levels 2024](#)
- [xTrain Resources](#)
- [Sponsored Projects Office, HSC](#) \*Contact your SPO Specialist\*



NIH is revising the application and review criteria for Fellowship Applications, and Institutional Training Grants beginning with those submitted January 25, 2025 and beyond.

Click here to learn more: [Changes Coming to NIH Applications and Peer Review in 2025](#)