

# Basics of Submitting Extramural Career Development Awards

Sydney M. Vita, PhD  
Amanda R. Pahng, PhD  
Nicholas W. Gilpin, PhD



# Postdoctoral and Early Research Career Training

Graduate/  
Clinical  
Training

Postdoctoral Training/  
Clinical Residency

Early  
Research  
Career

Established  
Investigator

K01, K07, K25

K08,  
K23

- K08 & K23 are for Clinical Scientists with an MD, DO, DDX, DVM, or PharmD

K99

R00

CDA-1

CDA-2

Loan Repayment Programs <https://www.lrp.nih.gov/>





**KO 1 / K99**

# Career (K) Kiosk

K01

## Mentored Research Scientist Career Development Award

For support of a postdoctoral or early career research scientists committed to research, in need of both advanced research training and additional experience.

K08

## Mentored Clinical Scientist Research Career Development Award

To provide the opportunity for promising clinician scientists with demonstrated aptitude to develop into independent investigators, or for faculty members to pursue research, and aid in filling the academic faculty gap in health profession's institutions.

K23

## Mentored Patient-Oriented Research Career Development Award

To provide support for the career development of clinically trained professionals who have made a commitment to patient-oriented research, and who have the potential to develop into productive, clinical investigators.

K99/  
R00

## Pathway to Independence Award

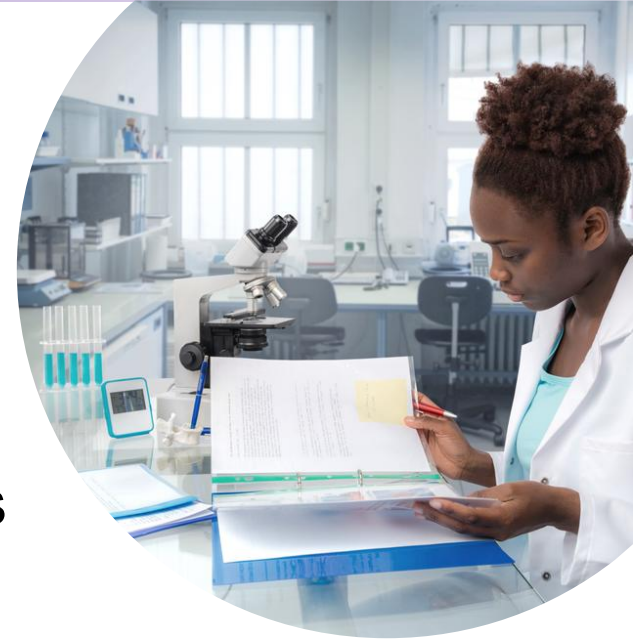
To support both an initial mentored research experience (K99) followed by independent research (R00) for highly qualified, postdoctoral researchers, to secure an independent research position. Award recipients are expected to compete successfully for independent R01 support during the R00 phase.

**Active FOAs (Parent & IC specific) can be found at:**  
<https://researchtraining.nih.gov/programs/career-development>

At that website click on each K award type to view active FOAs

# Career Goals & Objectives of the K Award

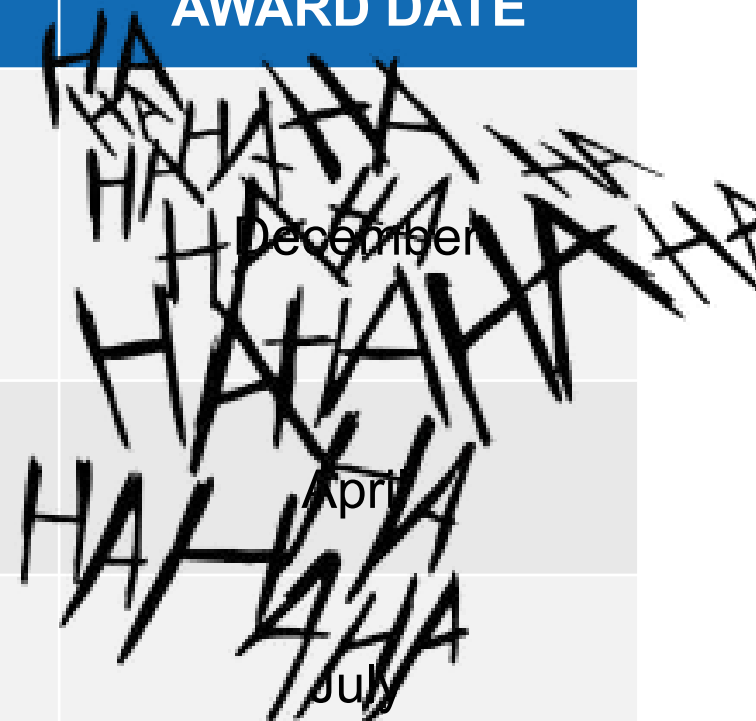
- New or enhanced research skills you will gain
- Other activities to enhance your research career, e.g. courses, workshops, techniques, teaching, mentoring (including 'soft skills' management, leadership)
- If you have **changed research direction**, discuss the reasons & justify how it will enhance research career development
- Provide a **career development timeline**, including plans to apply for subsequent grant support
- Career development can include a visit to another laboratory, to learn new technologies or approaches (network for the future!)



# Timeline for K applications



RECEIPT DATE	REVIEW	COUNCIL	AWARD DATE
Feb 12 Resubmission Mar 12	Jun/July	October	December
Jun 12 Resubmission Jul 12	Oct/Nov	January	April
Oct 12 Resubmission Nov 12	Feb/Mar	May	July



**CDA-2**

# Important Resources for VA Researchers & Applicants

[Program Guide 1200.04: Career Development Program](#)

**Request for Application (RFA)** documents are available on the VA Research Intranet only. If you have VA network access, copy and paste this URL into your browser:

**[vaww.research.va.gov/funding/rfa.cfm](http://vaww.research.va.gov/funding/rfa.cfm)**.

If not, please reach out to the [Research Office at your local VA Medical Center](#) to discuss the application process.



# Areas of VA Research Focus

## Broad Portfolios:

- Brain, Behavioral and Mental Health (BMH)
- Health Systems Research (HSR)
- Medical Health (MED)
- Rehabilitation R&D and Translation (RDT)

## Actively Managed Portfolios:

- Precision Oncology
- Pain and Opioid Use
- Suicide Prevention
- Traumatic Brain Injury
- Military Exposures Research Program
- Gulf War Illness Program

Funding Focus: Improving Veterans' Health Outcomes, Care, and/or Disease Burden

# Broad Portfolio Submission and Review Dates

Table 1. SRGs (organized under each Broad Portfolio and the Review Cycles when they convene)

Cycle	Pre-App Deadline	Application Deadline
Winter	August 1	December 10
Spring	November 1	March 10
Summer	February 1	June 10
Fall	May 1	September 10

BMH	HSR	MED	RDT
HSR4 (Winter/Summer)	HSR1 (Winter/Summer)	CARA (Spring/Fall)	RRDA (Winter/Summer)
MHBA (Spring/Fall)	HSR2 (Winter/Summer)	CARB (Spring/Fall)	RRDC (Winter/Summer)
MHBC (Spring/Fall)	HSR3 (Winter/Summer)	CAMM (Spring/Fall)	RRD0 (Winter/Summer)
MHBP (Spring/Fall)	HSR5 (Winter/Summer)	ENDA (Spring/Fall)	RRD2 (Winter/Summer)
NURA (Spring/Fall)	HSR6 (Winter/Summer)	ENDB (Spring/Fall)	RRD3 (Winter/Summer)
NURB (Spring/Fall)	HSR7 (Winter/Summer)	GAST (Spring/Fall)	RRD5 (Winter/Summer)
NURC (Spring/Fall)	HQ5 (Winter/Summer)	HEMA (Spring/Fall)	RRD6 (Winter/Summer)
NURD (Spring/Fall)	HQ8 (Winter/Summer)	IMMA (Spring/Fall)	RRD7 (Winter/Summer)
NURF (Spring/Fall)	MRA0 (Winter/Summer)	INFA (Spring/Fall)	RRD8 (Winter/Summer)
NURM (Spring/Fall)		INFB (Spring/Fall)	RRD9 (Winter/Summer)
NURR (Spring/Fall)		NEPH (Spring/Fall)	
NURP (Spring/Fall)		ONCA (Spring/Fall)	
RCSR (Spring/Fall)		ONCB (Spring/Fall)	
RRD1 (Winter/Summer)		ONCC (Spring/Fall)	
RRD4 (Winter/Summer)		ONCD (Spring/Fall)	
		ONCE (Spring/Fall)	
		PULM (Spring/Fall)	
		RCSR (Spring/Fall)	
		SPLD (Spring/Fall)	
		SURG (Spring/Fall)	

Note: There are two submission cycles per year for each CDA-2 application.

## Examples:

MHBA- Mental Health and Behavioral Science

NURA- Neurobiology of Addiction

NURP- Neurobiology of Pain

HSR3- Healthcare Informatics & Access to Care

CARA/CARB- Cardiovascular

ENDA/ENDB- Endocrinology

IMMA- Immunology & Dermatology

**BUILDING YOUR  
APPLICATION**

# Start Early

- Start at least **6 months prior** to the application due date (or even sooner)
- Assess the field & the competition. See what is being funded by NIH: Research Portfolio Online Reporting Tools (RePORT: <https://report.nih.gov>)
- Get an **NIH Commons account** at least a month before the application deadline
- Get an **ORCID ID** (required for K award applicants)
- Biosketch must be created with **ScienCV**
- Know your organization's **Authorized Organizational Representative (AOR)** to assist with the application
- Identify mentor(s) and collaborator(s)
- Notify your **referees early** and give them plenty of time to **submit letters of reference** (ensure they know you, have your current CV & if possible, aims of grant)
- Know your PO and notify them of your application.



# Plan Your Application

- Coordinate with your mentor(s) – **a K application is a collaboration between you & your mentor(s)**
- Put together a review committee to assist planning & provide critical feedback (WIP)
  - Draft a short description of your specific aims & discuss these with the committee – chalk talk, diagrams, central hypotheses, scope
  - Do not write the entire grant before input received on aims
- Be sure the project is **distinct** from your mentor's research (although can be related) & that the mentor is supportive of future independence



# From the Mentor's Perspective

- DO:
  - Start meeting early with the applicant to discuss their “niche”
  - Tailor the mentoring plan to the applicant/mentee
  - Be extremely detailed with timelines, benchmarks, goals, activities
  - Make sure the mentor documents match other documents
  - Bring in other mentors with defined roles, as appropriate
  - Read the instructions and tailor your documents to what is requested
  - Hold the applicant to agreed upon timelines and deliverables
  - Help the applicant acquire letters of institutional support
- DO NOT:
  - Give the mentee a piece of a currently funded project
  - Recycle generic documents for different applicants and mechanisms



# Don't propose too much

- Avoid an “over-ambitious” project – but it should be novel & significant!
- Your hypothesis should be testable & aims doable with the resources you are requesting (& mentor support)
- The scope of your hypothesis & aims should match available time and resources
- Your research & career development objectives should be related/matched



## EXAMPLES

### **New Research Direction**

- RNA Sequencing
- Novel imaging approaches
- Take advantage of core facilities

### **Career Development**

- Bioinformatics workshop & courses
- Expert collaborator
- May be at other institution

# Tips and Tricks

## **Make Life Easy for Reviewers:**

- Write clearly & concisely
- Label all components clearly
- Make sure figures & legends are readable
- Avoid TMI – a figure is worth a thousand words!
- Guide the reviewers with graphics as much as possible
- Edit & proofread

## **Know These Review Problems & Solutions:**

- Write a compelling argument for why your career will be advanced to independence & enhanced by receiving a K award
- Write for both experts & non-experts in your field
- Cite the published work of experts with leading articles in the field

**THANK YOU!**