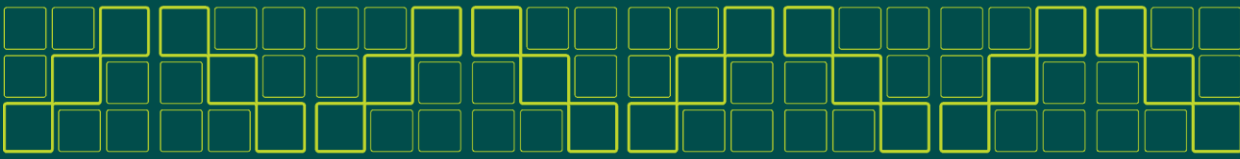

NIH Training Opportunities

Dr. Lori M. Conlan
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The National Institutes of Health



The Nation's biomedical
research institution

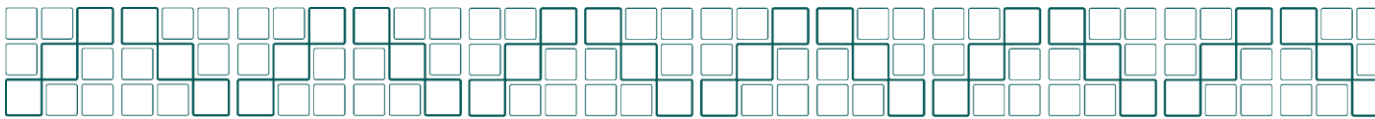
<https://www.nih.gov>

- Mission: acquire new knowledge to help prevent, detect, diagnose, and treat disease and disability worldwide
- Basic, translational, and clinical research
- Biomedical, behavioral, and social sciences
- Campuses in MD, NC, MT, MI, MA, and AZ
- 27 Institutes and Centers (ICs)

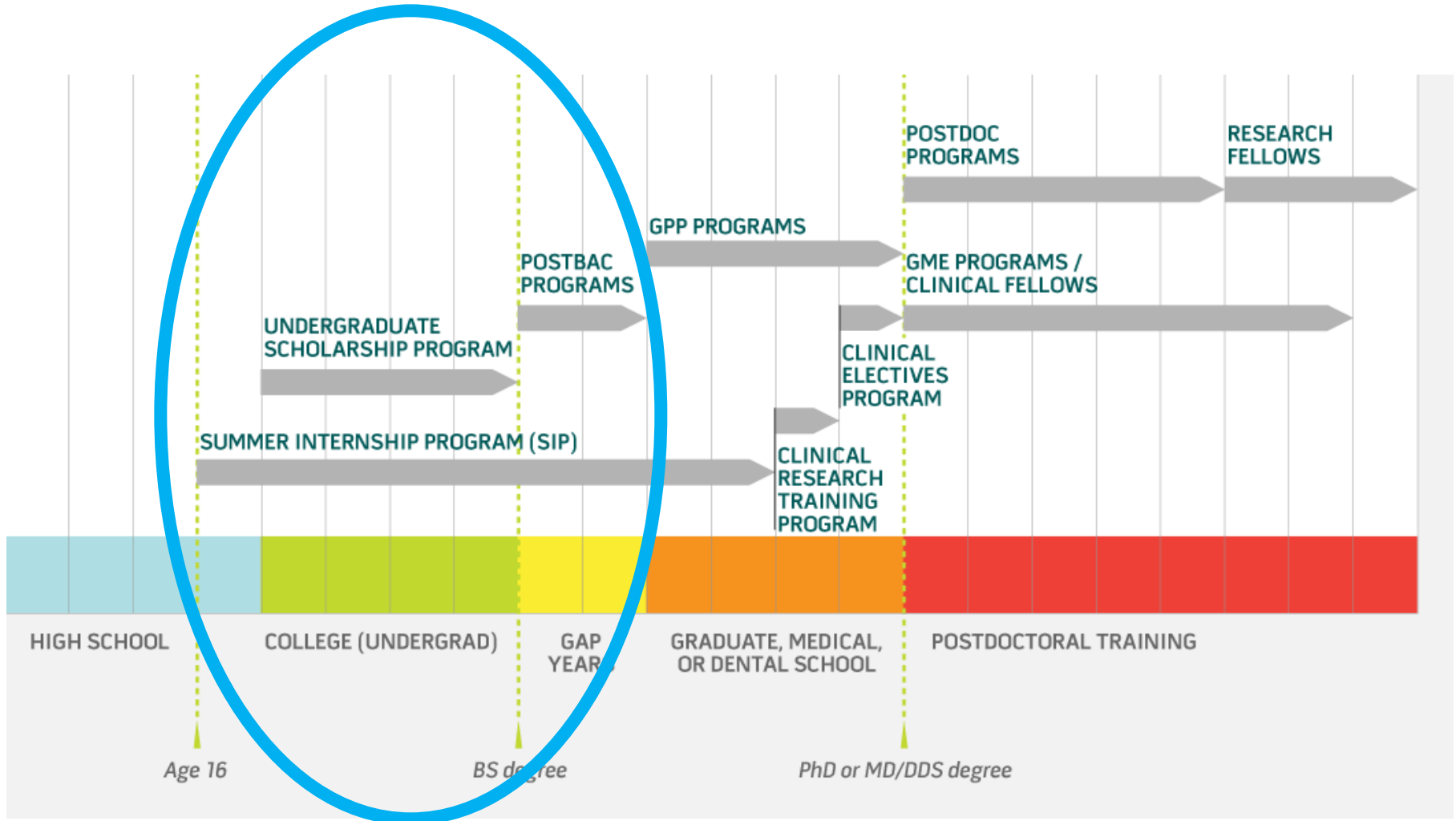


Why NIH?

- A collaborative and interactive community focused on:
 - outstanding research - in all areas
 - science education - at all levels
 - global health partnerships – in many scientific disciplines
 - **developing research skills as a trainee**
 - **professional, career, and personal development**
- We have:
 - outstanding resources - for science and for training
 - **comprehensive wellness and resilience program**
 - opportunities for training and career advancement - at NIH and beyond



Training Opportunities At All Levels





NIH Intramural Summer Internship Program (SIP)

- Eight to ten weeks, full-time research experience
 - College (including community college)
 - Graduate (MS, MPH, PhD, PsyD, etc)
 - Professional (MD, Dental, DVM, PharmD)
- Paid opportunities on all NIH campuses
 - \$2500-\$2800 per month
- US Citizenship or permanent residency required
- Applications accepted: mid-November to March 1
- The selection process happens at the PI level

<https://www.training.nih.gov/programs/sip>



IC-Sponsored SIP Programs

- **Open Program:** students complete the standard application; some requires supplemental documents
- Deadlines vary
- The selection process might be different
- NLM, NCATS, NHGRI, NIBIB, NCI, NIAMS, NEI, NIDDK, NIDCR, NINDS
- https://www.training.nih.gov/other_summer_programs_at_the_nih



NIH Intramural Postbac Program

- One or two years, full-time research experience
 - College graduates less than 3 years
 - Master's degree less than 6 months
- Paid opportunities on all NIH campuses
 - (2022: \$35000 - \$41000 per year)
- US Citizenship or permanent residency required
- Applications accepted year-round; most begin in June/July
- The selection process happens at the PI level

https://www.training.nih.gov/programs/postbac_irta



Postbac IRTA Subprograms

- NIH Academy- focuses on health disparities to enhance knowledge of gaps in health outcomes.
 - all NIH postbacs are eligible to participate in Academy activities
- The OITE-PEP is designed to encourage candidates from diverse backgrounds and experiences to perform biomedical research at the NIH.



OITE Educational Programming

- Workshops:
 - Graduate & Professional School Preparation
 - Career Development and Science Skills
 - Resilience, Leadership, and Mentoring Training
- Wellness Program
- Summer Journal Clubs and Postbac Talk Practice
- Networking Opportunities
- Major Events:
 - NIH Graduate & Professional School Fair
 - Summer and Postbac Poster Day

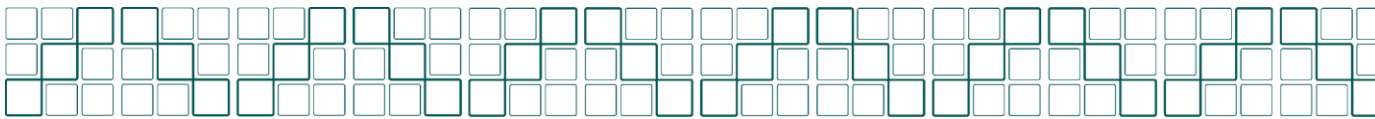


The Selection Process: General SIP

- Individual NIH Investigators make selections.
- Interviews are by phone or in person.
- Offers can be made anytime.

- How do I increase my chances of being offered a position?
 - Contact NIH investigators with whom you would like to work and explain why you would be a good addition to their groups.
 - Watch YouTube video entitled "**Finding an NIH Mentor**", which demonstrates how to use NIH investigator databases, on the [OITE YouTube page](#).

No Centralized Selection!



Preparing Your Online Application

- Before applying to the program:
 - Verify your eligibility
 - Candidates must pass a Federal background check
 - Watch the video on “[Applying to the NIH Summer Internship Program](#)”
 - Read the FAQ’s on the Web site
 - Read carefully the “[Guide to Writing a Successful Application](#)”
- Ensure that everything you submit is:
 - Grammatically correct
 - Clearly expressed
 - Well organized
- Contact OITE if you have questions about the application process or programs at Summer_Postbac_Quest@mail.nih.gov



Cover Letter

- Convince the reader that you would be a good “fit” for their research group
- Should be ~generic since to appeal to many PIs
- Describe your research experience and interests
- Use concrete examples
- Be complete, but brief



Appeal to Many PIs

THIS: I am broadly interested in cancer biology and wish to learn more about using animal models in cancer research. Although I would be most interested in studying prostate cancer, I would welcome to opportunity to work in any cancer biology group.

OR THIS: I would enjoy pursuing research on heart disease, stem cells, drug development, and other disease-specific research areas. For me, the ability to think about bench-to-bedside research is more important than the specific research area.

NOT THIS: I am interested in studying prostate cancer in mouse models.

NOT THIS: I want to do research for a year before going to Medical School because research and medicine go hand-in-hand.



Résumé

- Should include:
 - Contact information
 - Schools attended, dates, and degrees received
 - Honors and awards
 - Research experience
 - Other work experience
 - Presentations and publications
 - Languages
 - Leadership



Letters of Recommendation

- From professors who know you well
- Must address your scientific knowledge base and relevant personal traits
- Can be from a boss or someone outside of school but only if they can discuss similar qualities
- Should NOT be from family friends

- You will need 2 references, and they will upload the letter independently



Now, Connect with PIs

- Find 10 or more research groups that interest you
- Send an email directly to potential investigators
 - Introduce yourself
 - Program applied to (SIP or Postbac)
 - Express interest in THEIR work
 - Mention any research experience
 - Be specific about what you can contribute to the research.
 - Attach your CV or resume



Finding Research Mentors

- Thoughts on Choosing a Research Mentor
https://www.training.nih.gov/mentoring_guidelines
- Watch a video [“Finding your Research Home”](#) to learn how to assess your potential fit with a research group (academic and scientific considerations, the process of finding a mentor, interview styles and questions, and tips for decision making.)
- Search the NIH Intramural Investigator database ([NIH Annual Reports](#)) or by scientific discipline at <http://irp.nih.gov/our-research/principal-investigators>. A tutorial video: [“Finding an NIH Mentor”](#)
- Contact NIH Intramural Training Directors for IC-specific information
https://www.training.nih.gov/ic_contacts



Secrets Steps to Applying

1. Apply to the online system
2. Connect directly with investigators
3. Interview wisely
4. Succeed and train at NIH!



Thoughts About the Interview

- You may be asked about:
 - Previous research experiences
 - Techniques you know
 - “Why my research group?”
 - Your career goals and intentions for the length of your postbac
- You should ask about:
 - What past interns are now doing
 - Your daily supervisor
 - Potential projects
 - Questions from the mentoring articles



NIH Undergraduate Scholarship Program (UGSP)

The UGSP offers scholarship awards to college students

- 1) From financially disadvantaged backgrounds; and
- 2) Committed to health-related research careers in biomedical, behavioral, or social sciences



The Undergraduate Scholarship Program (UGSP)

- Provides up to \$20,000/year to cover educational expenses for undergraduates
- Eligibility:
 - U.S. citizen or permanent resident
 - GPA \geq 3.3
 - Exceptional financial need
 - Major in a field relevant to biomedical, social or behavioral research
- Payback: all UGSP scholars
 - Participate in SIP the year following the scholarship year.
 - Must work in the NIH IRP for one year in return for each scholarship year.



FAQs

- When should I begin the application process?
 - Postbacs- About 6-8 months before you graduate.
 - SIP- November-March
- Why didn't anyone call me about a position?
 - No centralized selection, connect with PIs
 - Feel free to follow up with PIs if they do not respond.
- How many investigators should I reach out to?
 - About 10 -15 should allow you to have a choice.
- Are international students eligible?
 - NO—only U.S. Citizens and permanent residents are eligible.



The NIH Cares About You!

- <https://www.nih.gov> for health information for you, your family and your community
- <https://www.training.nih.gov> for NIH training opportunities and to watch archived career development videos
- Subscribe: <https://www.youtube.com/c/NIHOITE>
- Follow us on Twitter @NIH_OITE
- Email us at Summer_Postbac_Quest@mail.nih.gov
 - Or Lori Conlan, PhD conlanlo@mail.nih.gov

*Request additional information on OITE
Virtual Activities: Sign up for OITE-INFO
(https://www.training.nih.gov/sas/_20/426/)*



OITE-Sponsored SIP Subprograms

- Goal: To build a highly diverse and inclusive scientific workforce
- **Exclusive** Program: students must select the subprogram option in item #9 in the application to be considered. Applications for a subprogram will not be available as part of the general SIP
- Deadlines vary
- The selection process happens **centrally**
- https://www.training.nih.gov/summer_programs_comparison_-_sip

Individuals from racial and ethnic groups that have been underrepresented in health-related sciences; Students with disabilities; students who are Pell Grant-eligible; students who are enrolled in Tribal Colleges and Universities, Hispanic-serving institutions, or Historically Black Colleges and Universities (HBCUs); students who identify as LGBTQ; and individuals disadvantaged by circumstances that have negatively impacted their educational opportunities, including recent natural disasters, are encouraged to apply.



Useful Links

- SIP: <https://www.training.nih.gov/programs/sip>
- SIP FAQs: https://www.training.nih.gov/sip_faqs
- Reference FAQs:
https://www.training.nih.gov/reference_faqs
- Application Tips:
https://www.training.nih.gov/assets/Writing_Successful_NIH_Applications.pdf
- Application Link:
<https://www2.training.nih.gov/apps/publicforms/sip/forms/login.aspx>

WATCH

OITE CAREER VIDEOS

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OITE Videocast Banner ▶



PROSPECTIVE
TRAINEES



CURRENT
TRAINEES



INVESTIGATORS
& STAFF



MY OITE

WHAT'S NEW

IT'S OFFICIAL! NIH HAS A SACNAS CHAPTER

The new NIH Chapter of the Society for the Advancement of Hispanics/Chicanos and Native Americans in Science will host its [kick-off event](#) on November 16th. [Read more about SACNAS.](#)

THE 8TH ANNUAL NIH GRADUATE STUDENT RESEARCH SYMPOSIUM IS NOW ACCEPTING ABSTRACT SUBMISSIONS

If you are a graduate student at the NIH, [register](#) now to compete for a \$1000 travel award.

NEW FELLOWSHIP OPPORTUNITIES IN A VARIETY OF SCIENTIFIC DISCIPLINES

[Read more.](#)

THE NIH INTRAMURAL RESEARCH PROGRAM HAS A NEW WEBSITE

[Check it out!](#)

CALENDAR OF EVENTS

CAREER PATHS IN INDUSTRY

Nov 14, 2011 1:00 pm - 3:00 pm

▶ [More Information](#) ▶ [Register](#)

CAREERS IN PUBLIC HEALTH

Nov 15, 2011 1:00 pm - 3:00 pm

▶ [More Information](#) ▶ [Register](#)

"THE PHD MOVIE"

Nov 16, 2011 5:00 pm - 7:00 pm

▶ [More Information](#)

OFFICIAL NIH-SACNAS CHAPTER KICK-OFF EVENT: CULTIVATING MENTOR RELATIONSHIPS

Nov 16, 2011 12:00 pm - 1:30 pm

▶ [More Information](#) ▶ [Register](#)

ORIENTATION FOR NEW NIH POSTBACS: GETTING WHAT YOU CAME FOR

Nov 16, 2011 3:00 pm - 4:30 pm



Life at the NIH [Slideshow](#) ▶

- ▶ [Planning Your Move](#)
- ▶ [Getting Ready to Leave?](#)

Blogs

[OITE Careers Blog](#) ↗

Prior Events

- ▶ [Find prior event info, materials, and video.](#)

For Former Trainees

Create an entry for yourself in the Alumni Database; search the Alumni Database; tell us about your successes.

www.training.nih.gov

HOME > TRAINING PROGRAMS

TRAINING PROGRAMS IN THE BIOMEDICAL SCIENCES



PROGRAMS FOR ALL DEGREE LEVELS

→ [The Summer Internship Program \(SIP\)](#)

SIP welcomes eligible high school, college, graduate, and professional students to spend eight to ten weeks conducting biomedical research with NIH investigators.

PROGRAMS FOR COLLEGE STUDENTS

→ [The Undergraduate Scholarship Program \(UGSP\)](#)

The UGSP provides up to \$20,000 in scholarship support per year to eligible undergraduates who are pursuing degrees in fields related to biomedical research.

→ [Other Programs for College Students at the NIH](#)

POSTBAC PROGRAMS (for recent college graduates)

→ [The Postbaccalaureate Intramural Research Training Award \(IRTA\) Program](#)

The Postbaccalaureate Intramural Research Training Award (IRTA) is a biomedical

[Introduction to the NIH](#) →

[Read More about the NIH Intramural Research Program](#) →

[Who conducts research at the NIH?](#) →

[About OITE](#) →

[NIH Institute/Center Web Sites](#) →

[Institute/Center Training Offices and Training Directors](#) →

[New Online Resources for Trainees](#) →

Guidelines for finding a mentor or writing a professional e-mail; Webinars on keeping a lab notebook and attending your first scientific meeting.

[Annual Reports](#) →

→ Use the free text search feature to [search the database](#) containing project