

## NIH Ruth L. Kirschstein Predoctoral Individual National Research Service Awards (NRSA) F30, F31, F31-Diversity

### Description of Award

The purpose of the Kirschstein-NRSA predoctoral program (F30, F31, F31-Diversity) is to enable promising predoctoral students with potential to develop into productive, independent research scientists to obtain mentored research training while conducting dissertation research. The proposed mentored research training must reflect the candidate's dissertation research project and is expected to clearly enhance the individual's potential to develop into a productive, independent research scientist.

The F30 mechanism supports dual-degree (i.e., MD/PhD) candidates and the F31 and F31-diversity mechanisms support PhD candidates.

NIH awards are applied to through specific Funding Opportunity Announcements (FOAs). See a list of [active F30 FOAs here](#) and [active F31 and F31-Diversity FOAs here](#). Across all FOAs, clinical trials are not allowed except as a clinical trial experience study (i.e., experience in a clinical trial led by a sponsor or co-sponsor). *What's an FOA and what do all these NIH acronyms mean? What does Clinical Trial Not Allowed, Clinical Trial Experience Study mean? Click [here](#) to find out!*

### Looking for additional information? Try these links:

- [NIH National Research Service Award \(NRSA\) Fellowships](#)
- [F30 - Ruth L. Kirschstein Individual Predoctoral NRSA for MD/PhD and other Dual Degree Fellowships | Research Training](#)
- [F31 - Ruth L. Kirschstein Predoctoral Individual National Research Service Award](#)
- [F31-Diversity - Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research](#)

### Eligibility

- US citizen or permanent resident
- Enrolled in a dual degree program (F30) or research doctoral degree program (F31, F31-Diversity)
- Identify as an individual from an underrepresented background [per NIH criteria](#) (F31-Diversity)

### Funds Provided:

- Stipend, tuition & fees, and institutional allowance (i.e., cost of fellowship expenses such as health insurance, research supplies, equipment, books, and travel to scientific meetings) for the fellow for the duration of the award (up to 5 years, typically 2-3)
- No direct research funds provided

### Deadlines:

NIH has 3 submission cycles for F31 applications. No letter of intent is required.

- Cycle I: April
- Cycle II: August
- Cycle III: December

New F31 applications may be submitted by any of these deadlines. For each date, applications are due by 5:00 PM local time of application organization.

*Note:* Check with the grants office at your home institution because internal deadlines can vary. Oftentimes materials must be submitted internally prior to the NIH deadline.

### **Major Application Components**

Comprehensive application instructions can be found [here](#) and should be considered in conjunction with your specific FOA

- Major application components and length (general NIH page limit guidelines found [here](#))
  - Biosketch - *5 pages*
    - Highlights qualifications for the individual's specific role in the project through the following sections:
      - Personal Statement
      - Positions and Honors
      - Contributions to Science
    - View [Biographical Sketch Format Page \(fellowship\) here](#)
  - Research Plan - *7 pages*
    - Specific Aims - *1 page*
    - Research Strategy - *6 pages*
      - Significance
      - Innovation
      - Approach
  - Applicant's Background and Goals for Fellowship Training (Training Plan) - *6 pages*
    - Academic and research background
    - Career goals
    - Proposed training activities and relationship to career goals
  - Sponsor and Co-sponsor Statement - *6 pages*
    - Information on their research qualifications and track record of mentoring individuals at a similar stage
    - Evidence that the sponsor(s) have an understanding of the candidate's training needs and commitment to meet these need
    - Evidence of adequate research funds to support the project
- Reference Letters

**Contact Information for Successful Applicants:** Natalie Keirns (natalie\_keirns@brown.edu)

### *References*

<https://www.nlm.nih.gov/ep/NRSAFellowshipGrants.html>  
<https://researchtraining.nih.gov/programs/fellowships>