



Submitting My First “K” Award

Lessons Learned

Eileen Carter, PhD, RN
Assistant Professor

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How we'll spend our time

My journey

What I think I did well

What I wish I did differently

Next steps

Open discussion

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Why I pursued a training grant

- PhD in nursing
- Entered a non-traditional role post PhD
- Successful publication record
 - Lacked the skills and training to do what I wanted to do



Fall 2020: Transitioned to new institution

- Institutional support for training grant
 - Establish leadership commitment
 - Application & award

“Ks are the hardest grants to write.”

Fall 2020: Transitioned to new institution

- Career development award programs
 - Guidance, support, training
 - Protected time

Connecticut Convergence Institute for Translation in Regenerative Engineering

Pre-K Scholar Career Development Award Program

“The Pre-K Scholar Career Development Award Program is a 2-year interactive program designed to equip junior faculty with the knowledge and competencies to effectively apply for an NIH Research Career Development Awards (K award) as well as become leaders in clinical and translational science. The long-term goal is to increase the pipeline of researchers applying for a K award and a culture that supports this goal.”

Finding mentors at a new institution



- *How do I find the right mentors and collaborators in a new institution?*
- *How do I build these relationships in a remote environment?*

When looking for mentors

- Mentor's expertise should advance
 - The proposed research
 - Your training plan
 - Your career goals
- Primary mentors
 - Successful track record of federal grant funding



Finding mentors at a new institution

- Asked for recommendations and follow-up!
 - Sought institutional mechanisms that support research development.
 - Sought opportunities to talk about your research interests.
- Explored institutional faculty pages, research centers, PubMed, NIH Reporter, etc.!

The screenshot shows the homepage of the UConn's Institute for Collaboration on Health, Intervention, and Policy (InCHIP). The header features the text "WELCOME TO INCHIP" in large, bold, blue letters. To the right, a paragraph describes the institute's mission: "UConn's Institute for Collaboration on Health, Intervention, and Policy (InCHIP) brings together individuals with diverse scientific, clinical, and methodological expertise and supports their evolution into collaborative investigators who conduct innovative interdisciplinary research that impacts public health and well-being." Below this, the page is divided into two main sections: "RESEARCH DEVELOPMENT" and "GRANTS MANAGEMENT". Each section has a small icon (a flask for research and a piggy bank for grants) and a brief description of the services offered. At the bottom of each section is a "LEARN MORE" button.

WELCOME TO INCHIP

UConn's Institute for Collaboration on Health, Intervention, and Policy (InCHIP) brings together individuals with diverse scientific, clinical, and methodological expertise and supports their evolution into collaborative investigators who conduct innovative interdisciplinary research that impacts public health and well-being.

RESEARCH DEVELOPMENT

InCHIP is a no-cost "one-stop shop" for training, mentorship, research team development, and grant proposal writing for UConn investigators at all stages of their careers, from graduate students to tenured faculty. We offer a range of services, including workshops, one-on-one consultations, pilot funding, and more.

GRANTS MANAGEMENT

InCHIP is committed to providing its affiliates with the tools needed to submit an extramural grant application, and if awarded, InCHIP's Grants Management Team is available to assist InCHIP affiliates in processing the grant through the post-award period. InCHIP also provides services to help affiliates find appropriate grants and funding for their research.

[LEARN MORE](#)

[LEARN MORE](#)

Building relationships with mentors at new institution

- Initial email included
 - NIH biosketch
 - Specific aims page
 - Request to meet remotely
- Continued to engage with mentors
 - Solicited feedback along the way
 - Standing meetings



How we'll spend our time

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What I think I did well

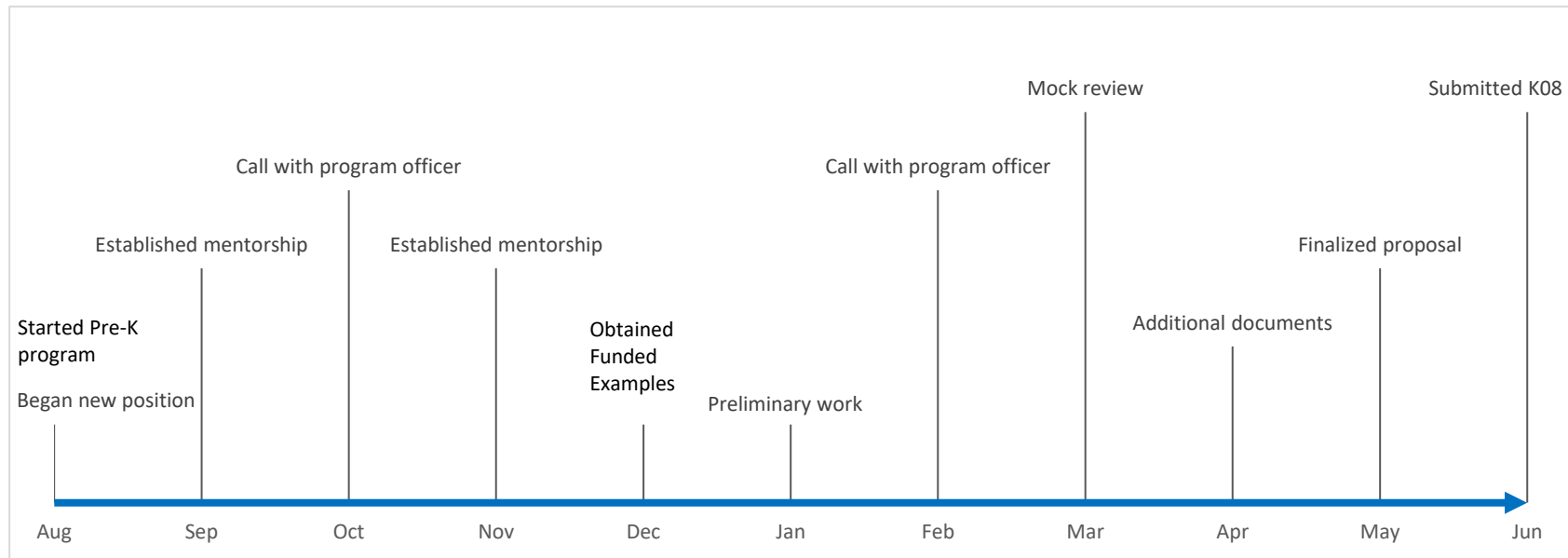
What I wish I did differently

Next steps

Open discussion

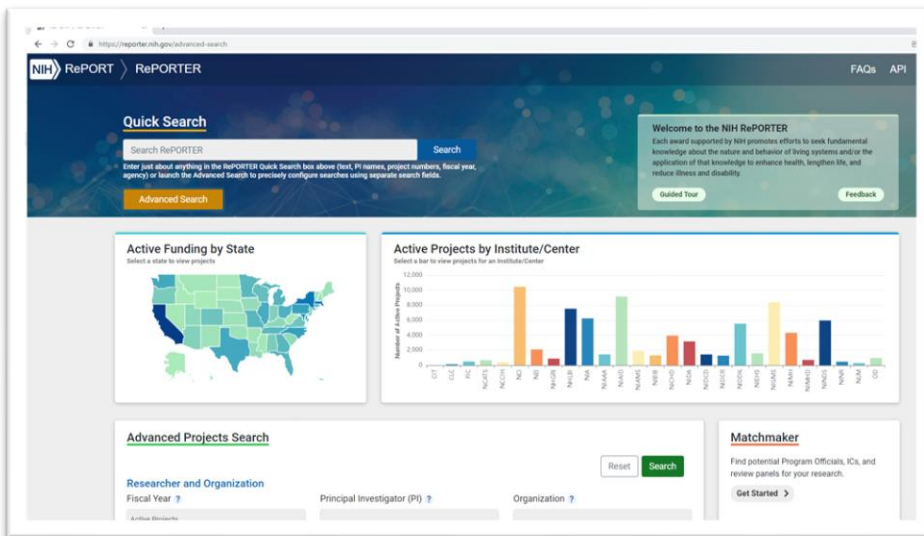
What I think I did well.

Started the process early with institutional support.



What I think I did well.

- Sought funded awards in the same mechanism to use as a reference and exemplar



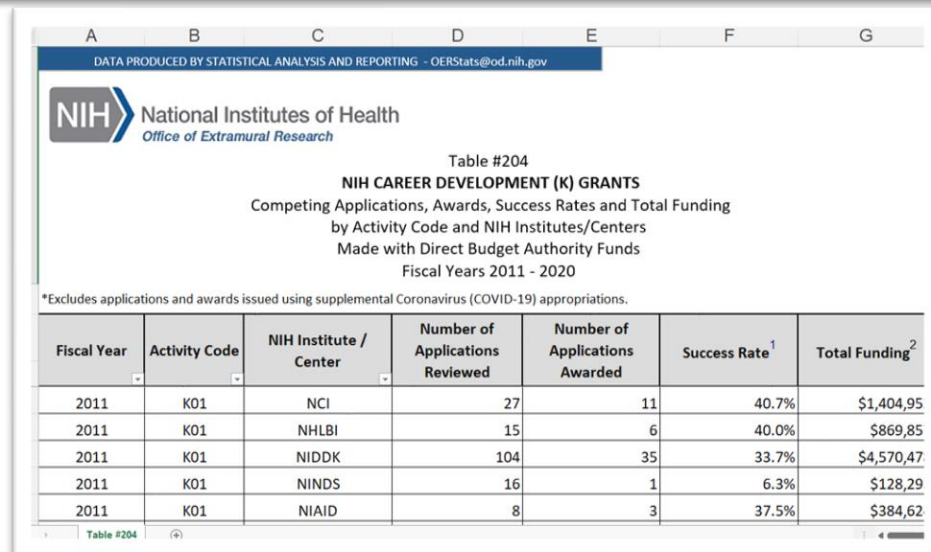
<https://reporter.nih.gov/advanced-search>

Reviewed Success Rates of K Grants



The screenshot shows the NIH RePORT website. The header includes the NIH logo and the text "RePORT Research Portfolio Online Reporting Tools". The navigation bar has links for Research, Organizations, Workforce, Funding (highlighted), Reports, and Links. The main content area is titled "Success Rates" and lists four links: 1. NIH Success Rate Definition (~68KB), 2. Research Project Grants and Other Mechanisms: Competing applications, awards, success rates, and funding, by Institute/Center, mechanism/funding source, and activity code (~480KB), 3. SBIR and STTR: Competing applications, awards, success rates, and funding, by phase and state (~28KB), and 4. SBIR and STTR: Competing applications, awards, success rates, and funding, by phase (~188KB). Below this, there are two sections: "Research Project Grants" and "Training and Research Career Development Programs".

<https://report.nih.gov/funding/nih-budget-and-spending-data-past-fiscal-years/success-rates>



The screenshot shows the NIH RePORT website. The header includes the NIH logo and the text "RePORT Research Portfolio Online Reporting Tools". The navigation bar has links for Research, Organizations, Workforce, Funding (highlighted), Reports, and Links. The main content area is titled "Success Rates" and lists four links: 1. NIH Success Rate Definition (~68KB), 2. Research Project Grants and Other Mechanisms: Competing applications, awards, success rates, and funding, by Institute/Center, mechanism/funding source, and activity code (~480KB), 3. SBIR and STTR: Competing applications, awards, success rates, and funding, by phase and state (~28KB), and 4. SBIR and STTR: Competing applications, awards, success rates, and funding, by phase (~188KB). Below this, there are two sections: "Research Project Grants" and "Training and Research Career Development Programs".

What I think I did well.

- Engaged with the program officer early
- Responded to program officer's feedback
- Clearly articulated how proposed study aligns with the mission and vision of funding agency



Is the application a good fit?

What I think I did well.

- Embraced critiques - welcomed feedback and was responsive to feedback
 - The program officer
 - My mentors
 - Reviewers' comments from mock review

Major Roadblocks

- Poor feasibility of conducting study in hospital setting
- Study outcomes were not sufficiently patient oriented

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What I wish I did *differently*.

- Worked backwards - Started with my end in mind
 - What are my career goals?
 - How do I get there?

Feedback from mock review was exceptional.

- Specify *why* you need additional research training.

So many documents!

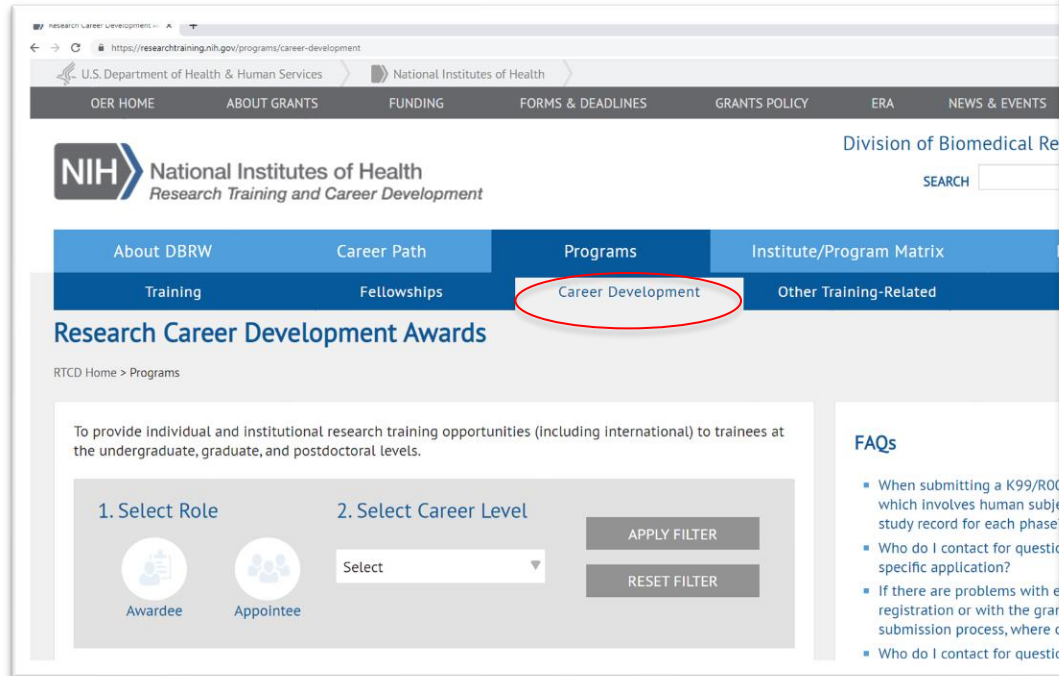


Kept an itemized list of required documents

- Human Subjects
- Biosketches (new format)
- Clinical trials
- Budget
- Etc. etc.!

Set deadlines for their completion

What I wish I did *differentl*.



The screenshot shows the NIH Research Career Development Awards website. The navigation bar includes links for About DBRW, Career Path, Programs, and Institute/Program Matrix. The 'Programs' link is circled in red. Below the navigation bar, the 'Research Career Development Awards' section is visible, with a sub-section for 'Career Development' also circled in red. The main content area includes a filter section with '1. Select Role' (Awardee, Appointee) and '2. Select Career Level' (a dropdown menu). There are 'APPLY FILTER' and 'RESET FILTER' buttons. To the right, there is an 'FAQs' section with several questions.

https://researchtraining.nih.gov/programs/career-development

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.

[Details](#) [View Current Funding Opportunities](#)

K02 Independent Research Scientist Development Award

For support of an early to mid-career scientists with research funding, in need of additional protected time committed to research.

[Details](#) [View Current Funding Opportunities](#)

K05 Senior Research Scientist Award

For the support of a senior research scientist with research funding, to pursue independent research, and to serve as a mentor to more junior research scientists.

[Details](#) [No Funding Opportunity Announcement Currently Available](#)

K07 Academic Career Development Award

To support either a mentored or independent investigator to develop or enhance curricula, foster academic career development of promising young teacher-investigators, and to strengthen existing teaching programs.

[Details](#) [View Current Funding Opportunities](#)

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.

[Details](#) [View Current Funding Opportunities](#)

<https://researchtraining.nih.gov/programs/career-development>

Pay attention to details

← → C <https://grants.nih.gov/grants/guide/pa-files/PA-20-176.html>

Department of Health and Human Services

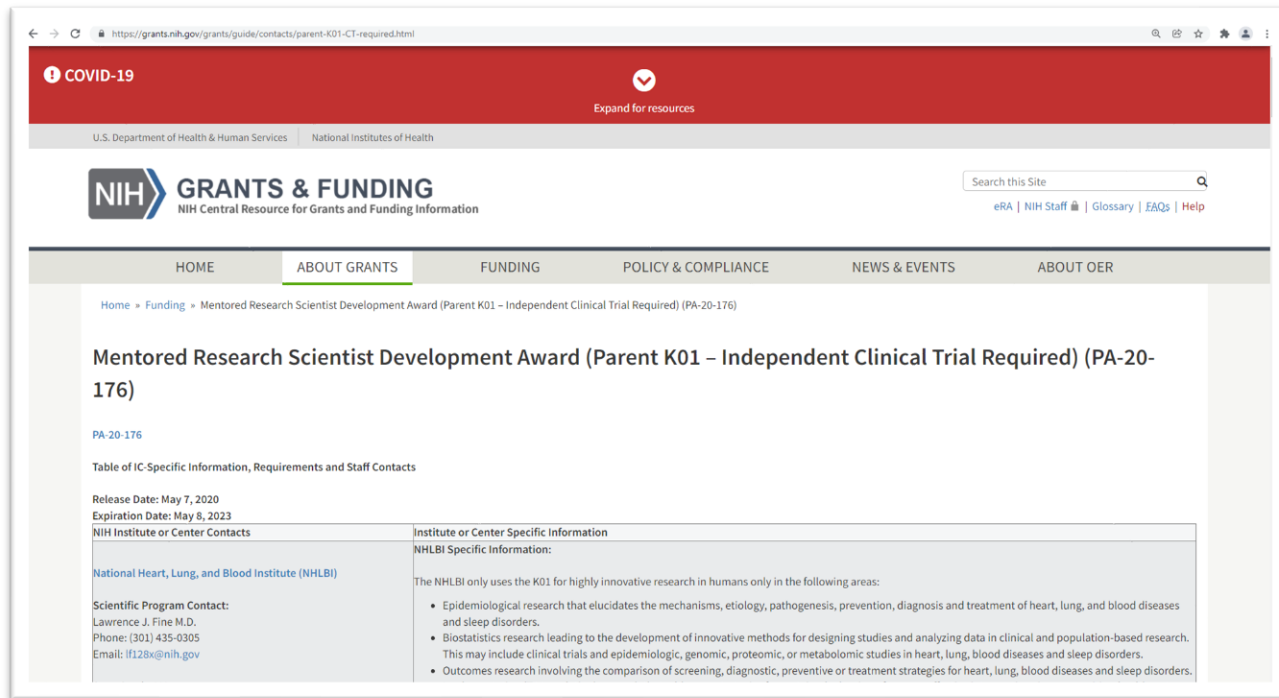
Part 1. Overview Information

Participating Organization(s)	National Institutes of Health (NIH)
Components of Participating Organizations	<p>National Heart, Lung, and Blood Institute (NHLBI) National Human Genome Research Institute (NHGRI) National Institute on Aging (NIA) National Institute on Alcohol Abuse and Alcoholism (NIAAA) National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) National Institute of Biomedical Imaging and Bioengineering (NIBIB) Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) National Institute on Deafness and Other Communication Disorders (NIDCD) National Institute on Drug Abuse (NIDA) National Center for Complementary and Integrative Health (NCCIH) National Institute of Dental and Craniofacial Research (NIDCR) National Institute of Mental Health (NIMH) National Institute of Nursing Research (NINR) National Institute on Minority Health and Health Disparities (NIMHDD) National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) January 8, 2021 (SPL-20-002)</p>
Funding Opportunity Title	Mentored Research Scientist Development Award (Parent K01 - Independent Clinical Trial Required)

Special Note: Not all NIH Institutes and Centers participate in Parent Announcements. Applicants should carefully note which ICs participate in this announcement and view their respective areas of research interest and requirements at the [Table of IC-Specific Information, Requirements and Staff Contacts](#) website. ICs that do not participate in this announcement will not consider applications for funding. Consultation with NIH staff before submitting an application is strongly encouraged.

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Table of IC-Specific Information, Requirements and Staff Contacts



The screenshot shows the NIH Grants & Funding website. The page title is "Mentored Research Scientist Development Award (Parent K01 – Independent Clinical Trial Required) (PA-20-176)". Below the title, it says "Table of IC-Specific Information, Requirements and Staff Contacts". The release date is May 7, 2020, and the expiration date is May 8, 2023. The table has two columns: "NIH Institute or Center Contacts" and "Institute or Center Specific Information".

NIH Institute or Center Contacts	Institute or Center Specific Information
<p>National Heart, Lung, and Blood Institute (NHLBI)</p> <p>Scientific Program Contact: Lawrence J. Fine M.D. Phone: (301) 435-0305 Email: lf128x@nih.gov</p>	<p>NHLBI Specific Information:</p> <p>The NHLBI only uses the K01 for highly innovative research in humans only in the following areas:</p> <ul style="list-style-type: none">• Epidemiological research that elucidates the mechanisms, etiology, pathogenesis, prevention, diagnosis and treatment of heart, lung, and blood diseases and sleep disorders.• Biostatistics research leading to the development of innovative methods for designing studies and analyzing data in clinical and population-based research. This may include clinical trials and epidemiologic, genomic, proteomic, or metabolomic studies in heart, lung, blood diseases and sleep disorders.• Outcomes research involving the comparison of screening, diagnostic, preventive or treatment strategies for heart, lung, blood diseases and sleep disorders.

- Includes very important institute-specific information
- Salary support
 - Research support
 - Scope of work
 - Limits to length of the award

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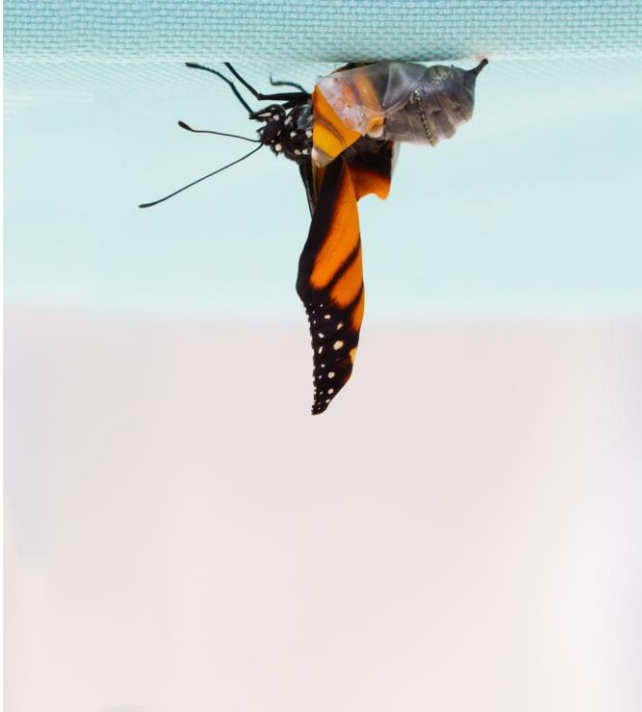
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- Excellent critiques
- Spoke with program officer
- Working on resubmission
 - Itemized list of identified weaknesses
 - Thematic grouping
 - One-page response
 - Updated proposal

In Summary: Overarching Takeaways

- Preparing the K took a lot longer than I thought
- Much of the K is a story about you
 - What are your career goals?
 - What past experiences informed your career goals and why?
 - How does the proposed research built upon your previous work and advance your career goals?
 - What is your training plan and how does the plan advance your career goals?
- Senior faculty willingly served as my mentors; engage your mentors to think things through

In Summary: Overarching Takeaways

- My journey - characterized by several important turns
 - Feedback of others
 - Mentors
 - Program Officer
 - Mock review
- Clarified my thinking and resulted in a much stronger product



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Questions?

THANK YOU!

Eileen Carter
Eileen.carter@uconn.edu