Post-Doctoral Fellowships

Rebecca L. Clark
Demographic and Behavioral Science Branch (DBSB)
Center for Population Research (CPR)
National Institute of Child Health and Human Development (NICHD)
National Institutes of Health (NIH)
U.S. Department of Health and Human Services

University of Michigan at Ann Arbor
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Two types

- **T32**
  - *Goes to a population training center*
    - Often supports both pre- and post-docs
  - Population center decides who gets post-docs
    - Sets up own review process

- **F32**
  - *Goes to an individual post-doc*
  - Post-doc applicant applies to NIH with help from prospective post-doctoral institution
Why get an F32 instead of T32?

- More prestigious
- You are the principal investigator (PI), the one who deals directly with NIH
- You aren’t limited to going to programs that already have T32 post-doc programs
- If you are at an existing T32 program, it frees up funding for others, so they should be really, really grateful to you
Official name

- Ruth L. Kirschstein National Research Service Award for Individual Postdoctoral Fellows (F32)
Purpose of F32 program

- “To help ensure that a diverse pool of highly trained scientists will be available in adequate numbers and in appropriate research areas to carry out the Nation's biomedical and behavioral research agenda”

- “NIH awards individual postdoctoral fellowships (F32) to promising applicants with the potential to become productive, independent investigators in fields related to the mission of NIH constituent institutes and centers.”
Eligibility

- U.S. citizen, non-citizen national, or legal permanent resident
  - No temporary visa holders
- Completed doctorate
- Sponsoring institution and appropriate sponsor (a.k.a. mentor or supervisor)
2 rules and 1 strong suggestion

- NO MORE THAN 3 years total post-doc support from NIH (T32 + F32)*
- MUST be full-time*
  * Exceptions require formal waiver, given under extraordinary circumstances only

- SHOULD NOT BE where you got your Ph.D.:
  - Be prepared to strongly justify
Stipends

- “Subsistence allowance”
- Level depends on number of full years of experience after doctorate
- Levels usually updated annually
- Paid through sponsoring institution
Other benefits

- Tuition and fees (some limits)
- Institutional allowance
  - $5,500/year
  - Research supplies, equipment, health insurance
- Other training costs
  - “Extraordinary” training costs under “exceptional circumstances”
Other ways to get money into your pocket

- Supplements from your university
  - Allowed, but strict rules
- Compensation for services
  - Allowed, but strict rules
- Educational loan/G.I. Bill
  - Fine
- Concurrent awards
  - Not if federal
Service payback

- 1 month of service for each month of support for first year
- Second year of post-doc pays back for first year of post-doc
Leave policy

- Paid vacations, sick leave, and parental leave all allowed
4 application rules

- Use the *fellowship* application form (PHS 416-1)
- Applications must include *3 sealed letters of reference*
- Applications must include detailed plans about instruction in *responsible conduct of research*
- Check the receipt dates
Who reviews the application

- Study section at NIH’s Center for Scientific Review (CSR)
- Program staff at an Institute (e.g., NICHD)
Review criteria

- **MAJOR**
  - Candidate
  - Sponsor and training environment
  - Research Proposal
  - Training potential

- **MINOR**
  - Protection of human subjects from research risk; inclusion of women, minorities, children; care and care and use of vertebrate animals in research
Candidate

- Previous academic research performance
- Potential to become “important contributor” to science
Sponsor and Training Environment

- Quality of training environment
- Qualifications of mentor for research training proposed
Research Proposal

- Merit of scientific proposal
- Relationship to candidate’s career plans
Training Potential

- Value of proposed fellowship vis-à-vis candidate’s needs in preparing for career as an independent researcher