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NIA F99/K00: Transition to Aging Research

Thursday, August 17, 2023

2:30 p.m. ET

Agenda

- Welcome
- F99/K00 basics
- Crafting a two-phase application
- General application tips
- Q&A



Speaker



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Program Officer
Office of Strategic Extramural Programs
National Institute on Aging
National Institutes of Health

MODERATOR

Tim Conrad

Project Director
Strategic Communications
Palladian Partners, Inc.





The NIA F99/K00 Award

What is the F99/K00?

- Two-phase award to fund 1 to 2 years of predoctoral research on any topic and up to 4 years of research on aging.

F99



K00

- Predoctoral
- 1 to 2 years of funding
- Aging related or not!

- Postdoctoral
- Up to 4 years of funding
- Aging or AD focus required!

[NIA F99/K00](#)

What do we mean by “aging research”?

NIA provides support through four research divisions:

- **[Division of Aging Biology](#)**: Provides a basis in basic biology for preventive and interventional strategies to increase resilience and extend healthy aging.
- **[Division of Behavioral and Social Research](#)**: Supports research and research training on the processes of aging at both the individual and societal levels.
- **[Division of Geriatrics and Clinical Gerontology](#)**: Supports research on health/disease in older people and research on aging over the human lifespan, including its relationships to health outcomes.
- **[Division of Neuroscience](#)**: Supports research to further the understanding of neural and behavioral processes associated with the aging brain. Research on dementias of old age — in particular, Alzheimer’s disease — is one of the highest priorities.

F99 vs. Other Fellowship Opportunities

	F31 Predoctoral Fellowship	R36 Dissertation Award	F99/K00 Transition Award
Award goal	Fund multiple years of Ph.D. research	Fund final 1 to 2 years needed to finish Ph.D. dissertation	Promote transition from Ph.D. research to postdoc in aging research
When to apply	After joining dissertation lab	Less than 3 years remaining until graduation	Less than 3 years remaining until graduation
Award duration	4 years	2 years	2 + 4 years
Current research	Aging related	Aging related	Any
Next career step	Any biomedical research position	Any aging research position	Aging research postdoc
Citizenship requirements?	Citizen or permanent resident required	Citizen or permanent resident required	None
Targeted populations?	All	Diversity targeted	All

NIA F99/K00 Eligibility

- Applicants must be in a Ph.D. (or similar) program.
 - *Cannot be in clinical, health professional doctorate program.*
 - *Cannot be in dual degree program.*
- No specific timeline or number of years in graduate program limit, however:
 - Applicants must be at the dissertation stage (i.e., passed your qualifying exams).
 - Applicants must expect to graduate within two years post-award.
- Applicants must plan to proceed directly from F99 to K00 phase (internship years, etc., not permitted).
- No citizenship requirement.
- F99 and K00 phases must be at a U.S. institution.
- Already have an F31 or R36? You're eligible to apply, but you can't hold both awards at once.

F99/K00 Annual Budget

F99

- Stipend: \$27,144 (2023)
- Tuition: up to \$16,000
- Institutional Allowance: \$4,550

K00

- Salary: \$60,542+
- Fringe benefits
- Institutional Allowance: \$5,000
- Indirect Cost: 8%

Timeline

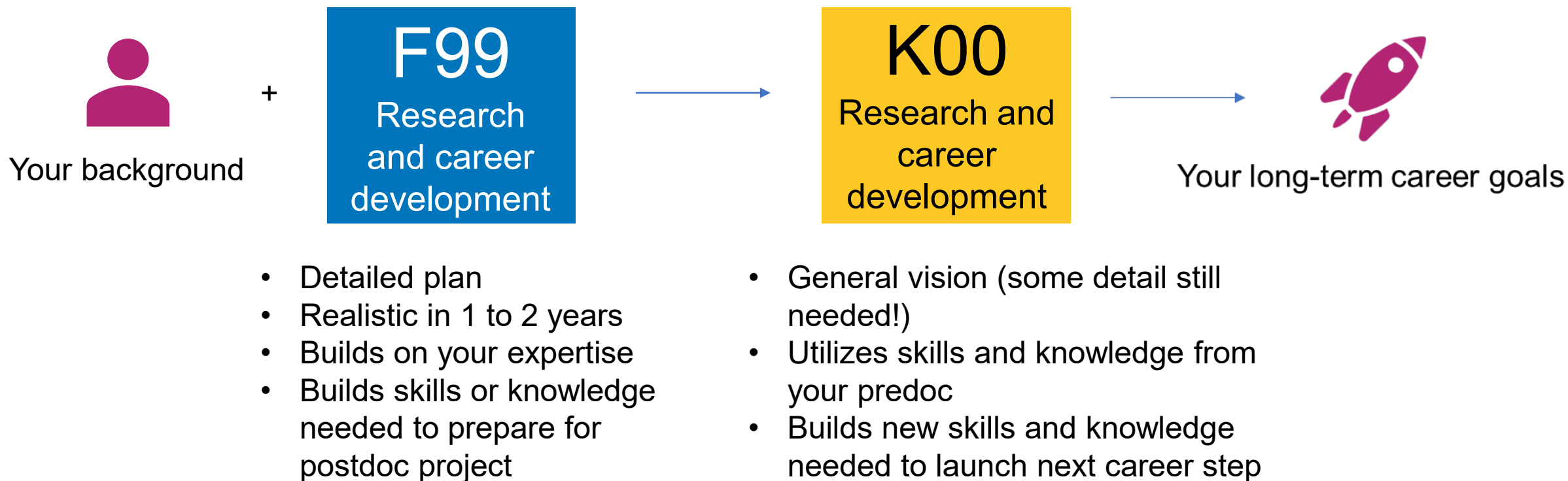


F99/K00 Stage	Date
Application due	October 20, 2023
Scientific merit review	February–March 2024
Advisory Council round	May 2024
Earliest F99 project start date	July 2024
Earliest K00 project start date	July 2025
Latest K00 project start date	~ Summer 2026



Crafting a Two-Phase Application

How the F99 and K00 phases go together



Tailored to you!

Transitioning to Aging or Remaining in Aging?

Already doing aging research

- For F99 career development plan, consider aspects of aging research you still need development in.
- K00 should be different enough from F99 to give you new expertise.
- K00 should enable you to be independent from your Ph.D. mentor.

Not yet doing aging research

- Consider using F99 career development plan for introduction to aging research (e.g., coursework, conference attendance).
- Bring your expertise to the aging field.
- K00 phase should include strong mentorship in aging.

Long-term career goal:
Aging research

Identifying a Postdoctoral Mentor

At the time of submitting the F99 application, it is not required to know your K00 postdoctoral mentor.

K00 mentor chosen:

- Collaborate to write the K00 research strategy and career development plan.
- Explain how this mentor was chosen and how they provide complementary expertise.

Group of potential K00 mentors:

- How were these potential mentors identified? Have you already been in contact?
- How will you choose among them?

K00 mentor not yet identified:

- How do you plan to meet potential mentors?
- What will you look for in a potential mentor (e.g., research focus, resources available, mentoring style)?

The K00 Transition Application

- Proceeding from the F99 phase to the K00 phase is not automatic.
- Work with your K00 institution to prepare a K00 Transition Application.
- Submit the application to NIATraining@mail.nih.gov no later than 12 weeks before your desired K00 start date.
- Transition applications are reviewed internally by NIA program staff.





F99/K00 Application Tips

How to get started on an F99/K00 application

1. Develop your specific aims
2. Prepare the major application components
3. Conduct your own peer review



1. Develop your specific aims

- Work closely with your predoctoral mentor and any potential K00 mentors.
- Consult NIH RePORTER

Funded NIA F99s

The screenshot displays the NIH RePORTER 'Advanced Projects Search' interface. It features a grid of search filters including 'Fiscal Year', 'Principal Investigator (PI)', 'Organization', 'City', 'State', 'Country', 'Congressional District', 'Department Type', and 'Organization Type'. A 'Reset' button and a green 'Search' button are located at the top right of the search area. To the right of the search filters, there are two additional sections: 'Matchmaker', which helps find potential Program Officials, ICs, and review panels, and 'Publications Search', which finds publications associated with extramural or intramural funded projects using PubMed IDs (PMID) or PubMed Central IDs (PMC ID). Both the 'Matchmaker' and 'Publications Search' sections include a 'Get Started' button.

1. Develop your specific aims (continued)

- Work closely with your predoctoral mentor and any potential K00 mentors.
- Consult NIH RePORTER.
- Follow the aims structure detailed in the [F99/K00 notice of funding opportunity](#):
 - ***Specific Aim 1: The Dissertation Research Project***

Provide a detailed description of the current research and research to be completed during the F99 phase. This phase is not required to be related to the NIA mission.
 - ***Specific Aim 2: The Postdoctoral Research Direction***

Identify research direction(s) and plans within NIA's interest areas to be pursued during the K00 phase.

1. Develop your specific aims (continued)

- Work closely with your predoctoral mentor and any potential K00 mentors.
- Consult NIH RePORTER.
- Follow the aims structure detailed in the [F99/K00 notice of funding opportunity](#).
- **Contact the NIA Training Team to receive feedback!**
 - NIATraining@mail.nih.gov
 - For this October, reach out ASAP!

2. Prepare the major application components

Start early!

Application Component	Length Limit
Abstract	30 lines of text
Project Narrative	3 sentences
Applicant Biosketch	5 pages
F99 Sponsor Biosketch	5 pages
Applicant Background and Goals for Fellowship Training	6 pages
Specific Aims	1 page
Research Strategy	6 pages
Sponsor Statement	6 pages
Description of Institutional Environment and Commitment to Training	2 pages
Certification Letter	1 page
3-5 Reference Letters	2 pages each

2. Prepare the major application components (continued)

- Fellowship training plan is as important as research strategy!
- Sponsor statement should align with fellowship goals

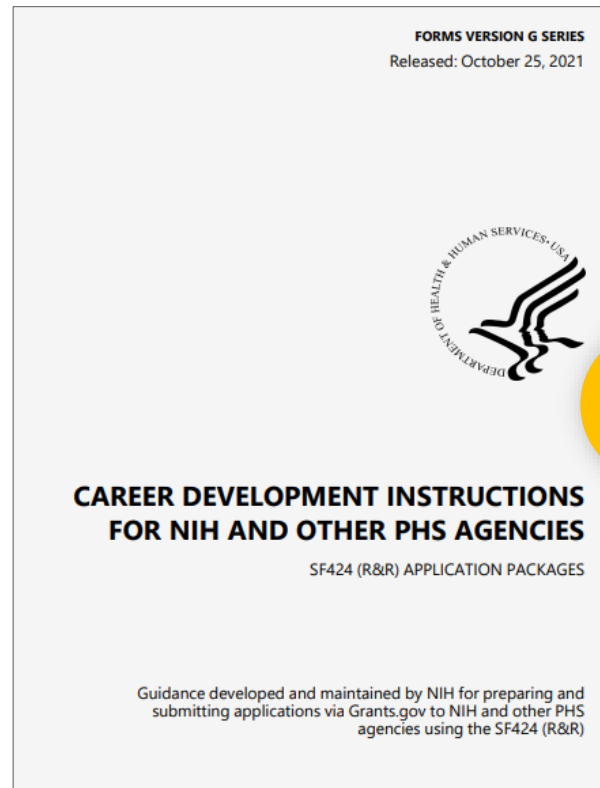
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2. Prepare the major application components (continued)

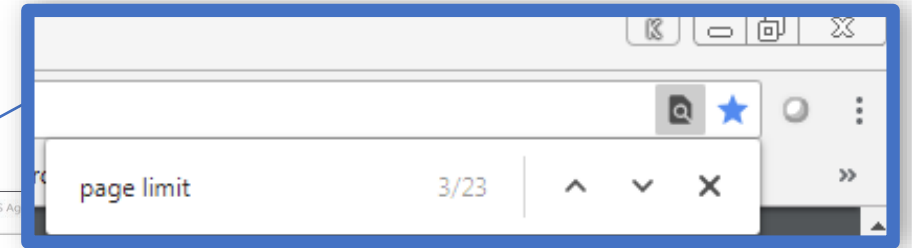
- Letter from your institution confirming that you are at dissertation stage
 - If international, letter should also confirm valid visa status
- From individuals not involved in the application. (Not your current mentor or intended K00 mentor)

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SF 424 Application Guide



Use “**Ctrl F**”
keyword search
on this document.
That’s what I do!



Use NIH ASSIST for
application submission and
review the annotated
application forms.

3. Conduct your own peer review

BEFORE YOU SUBMIT:

Read your application as if you were a reviewer.

- What are the weaknesses?
- **Don't try to hide potential pitfalls;** identify them and suggest strategies to overcome them.

Ask your collaborators to critically review the application.

Solicit feedback from independent readers.

- Do they understand the proposal?
- Are they excited about the idea, the potential impact, and the experimental approach?

Review criteria – Section V. of the Funding Opportunity

Fellowship Applicant

What is the potential of the candidate to become a productive independent aging researcher?

Sponsors

Do the sponsor(s) have appropriate research and mentoring qualifications to meet the needs of the candidate?

Research Training Plan

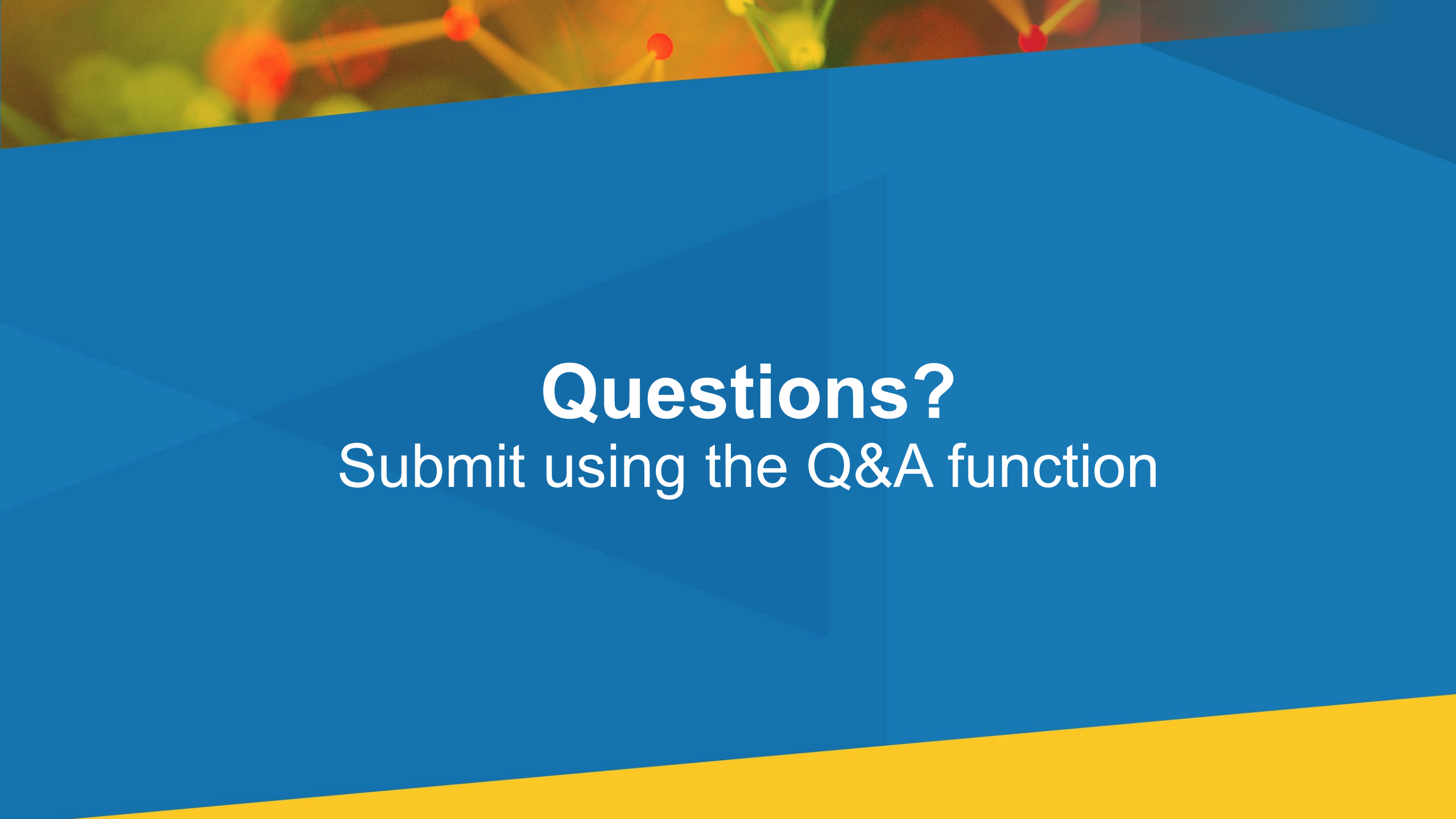
**Is the research plan rigorous, significant, and scientifically sound?
Is it likely to foster the career of the candidate as a successful independent researcher?**

Training Potential

Does the research plan build on the candidate's skills and provide a strong opportunity to develop the skills needed for a career in aging research?

Environment

Does the F99 scientific environment support the candidate's research plans and career development toward the K00 phase?



Questions?
Submit using the Q&A function

Keep in touch with NIA training staff!



Jamie Lahvic, Ph.D.
Program Officer



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Program Officer

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What to do next:

Please [share your feedback](#) about today's event!

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