



**Professional Development Workshops  
Presented by Faculty from the  
Mid-Atlantic Region of the  
National Council of University Research Administrators**



**The Alphabet Soup of NIH Training and Career Development  
Awards  
Content Level:**

**Course Description:** Part of the stated mission of the National Institutes of Health (NIH) is “to develop, maintain, and renew scientific human and physical resources that will ensure the Nation's capability to prevent disease.” Ruth L. Kirschstein National Research Service Awards (Kirschstein-NRSA) training grants and fellowships are awarded to support predoctoral and postdoctoral research training to help ensure that a diverse and highly trained workforce is available to carry out the Nation’s biomedical, behavioral and clinical research agenda. Institutional Kirschstein-NRSAs (T awards) are awarded to domestic institutions that have the facilities and qualified faculty to provide for research training programs in several scientific specialties. Individual Kirschstein-NRSA Fellowships (F awards) are awarded to individuals enrolled in doctoral degree training as well as to promising post-doctoral individuals with the potential to become productive, independent investigators in scientific health-related research fields. Career Development Awards (K awards) are awarded to provide support and “protected time” for an intensive, supervised career development experience leading to research independence. While the successful attainment of any one of these NIH training/career development awards is honorable, the pre- and post-award administrative responsibilities are unique. This workshop will offer an overview of the administration of NIH training and career development awards from proposal preparation to closeout. We will also discuss the use of X-Train, the on-line interface where authorized users electronically process the required paperwork associated with Kirschstein-NRSA training grants and fellowships. Case studies and “hands on” activities will be utilized to enhance and emphasize the learning objectives. This workshop is brought to you by the letters F, K, T and X!!!

**Learning Objectives:**

- Participants will understand the importance of the specialized information included in an Institutional NRSA proposal and where within their institution such information may be acquired;
- Participants will be able to assist pre-doctoral and post-doctoral trainees with the preparation of their NRSA fellowship proposals;
- Participants will learn the post-award administrative requirements for NIH NRSA and K awards;
- Participants will be prepared to discuss the nuances of K awards with faculty;
- Participants will learn basic appointment and termination functions of the X-Train System.

**Prerequisites: None**



**Who Should Attend?:**

- Departmental Research Administrators who need to understand the complexity of NIH non-research, training and career development grant mechanisms
- Faculty who are contemplating submission of a career development (K award) proposal to NIH