Title: Applying for an F31

Applying for an F31 is a great way to get funding if you are in the biomedical sciences. F31 fellowships are from the NIH and cover tuition, most of your stipend, and a small amount for supplies/travel.

What documents are required for an F31?

- Bibliography
- Research plan
- Selection of Sponsor
- Summary
- Specific Aims
- Background
- Cover letter
- Biosketch
- Introduction page
- Certification Letter (for diversity fellowships)
- Equipment
- Facilities
- Institutional environment
- Project narrative
- RCR
- Resource sharing
- Respective Contributions
- Sponsor statement(s)
- --Sponsor
- --Co-sponsor (if necessary)

What are the steps in applying for an F31?

First, have a project or an idea for a project
> Most people apply for an F31 after qualifying for candidacy. If your qualifying exam is a written proposal, you might use that as the basis for your grant.

Second, have some time to commit to writing and make a plan.
> Writing and editing can take a lot of time and focus, so it might be nice to clear your schedule for 4-6 weeks for an F31. Set deadlines for drafts of documents.

Third, get in touch with your department's or university's grants manager.
> They have things to do behind the scenes and will help you set up an account and avoid any mishaps. They will be your best friend throughout this process!

Fourth, read successful F31 proposals from friends and colleagues.
> Reading examples of solid proposals might give you ideas for your own proposal.

Fifth, get started writing, outlining, and editing.
> After I outline, I like to just start writing in the middle. I will edit later.

Sixth. seek out feedback!
> You can ask colleagues from other labs, members of your committee, professors whose lab you rotated in, and friends to read your drafts. I did this and got tons of feedback that helped my drafts improve each time!

Seventh, plan to submit early to avoid errors.
> Formatting errors and lost documents will happen. I shared my documents in a Box folder with my grants manager to avoid version issues. I did this one day early.

Application deadlines: April 8th, August 8th, December 8th.