NIH Loan Repayment Programs (LRP)

Ericka Boone: So if you have come to learn more about the LRPs, then you are in the right place. I'm going to advance through these slides a little bit quickly right now to allow for ample time for question and answer. So if you miss something, in the link or in the chat feature, you should see a link to the slides themselves. So don't think that you're going to miss something. However, if you want for me to answer a question for you, make sure that you put that in the Q and A, okay? Q and A for questions for me. All right? Great. So there are 27 different institutes and centers at NIH, and while all of them have differing research foci, or focal points and priorities, we have the unified goal of supporting research and training for the next phase of the biomedical research workforce, and that includes you. All right. This graphic really just kind of depicts the type of funding mechanisms that are available for you to support your career at different stages across your career, and what I really want to bring to note for you is that the loan repayment program, you're eligible to apply for and receive an LRP award for a wide swath of your career. From the first time that someone calls you doctor, like when you walked across the stage and they said, "Congratulations, Dr. Boone," and you thought to yourself, "Wow, I am a doctor now, right?" Up until when you are an established investigator, you are eligible to apply for and receive an LRP award. So like I was saying, our unified goal here at NIH is to support the next phase of the biomedical research workforce, and that includes you. These are funding mechanisms that are available for people across their career, and loan repayment program, you're eligible to receive that for a wide swathe of time. This is basically how it works. So in that chat feature, let me know if you guys have heard about the loan repayment program before. Have you heard about it before today? Yes, no, or, "Rosalyn you're in for a treat." Thank you, guys. You guys are on it. All right. Well, great. Well, you know how it works, right? If you guys can commit to performing or investigating, or investing your time in performing research in areas that we consider to be NIH mission critical research areas, depending on your debt level, we can commit to repaying up to $50,000 in your qualifying educational debt, and we can cover the resulting taxes. Because the LRPs are considered to be taxable income, we don't want you to get a big fat tax bill at the beginning of the year, right? So we cover federal taxes for you. So we pay taxes on your behalf to the federal government four times a year, and we're hoping that that's going to keep you invested in your active biomedical research career making great strides to improve the health and well-being for individuals across this nation. All right. You guys are very familiar with the six Extramural NIH LRP subcategories. Five of them are available right now, and if you didn't know, the LRP application cycle is open right now. It opened from September 1, and it will be open and remain open until November the 20th. Put in the chat feature whether you guys have started your application. Let me see. Let me see. Yes. Barely. Barely is a yes. Yes. Yes. Yes, and oh, yes. Not yet. Listen. Get to it. Don't wait, right? Okay. So you guys have an idea of the six subcategories. There's clinical research for individuals who will be invested in more patient-oriented work. You don't have to work with people themselves, but you have to have some sort of specimen from a person. So blood, bone, saliva, urine, cognitive phenomenon, brain, something like that. Pediatric Research, for individuals whose whose research is focused on issues or diseases and disorders that impact individuals under the age of 18. Basic research is allowable under the Pediatric Research LRP. Health Disparities Research LRP for individuals whose research focuses on minority and other health disparity populations. Applications for the Health Disparities Research LRP are reviewed by all NIH ICs. I say this like this because it's important because only one institute, NIMHD, reviewed applications and funded applications from the Health Disparities Research LRP in previous years. So that meant that a lot of meritorious applications went unfunded every single year, but now we're hoping to improve the success rate for this program because now all of the NIH ICs participate in this program. Contraception & Infertility. You guys can probably guess what that one is all about, and, Luke, don't put your questions into the chat feature if you want for me to answer the question. Put it into the Q and A, okay? Clinical Research for individuals from disadvantaged background. This is the exact same as the Clinical Research LRP. No problem, Luke. It's just that it's available for clinical researchers that come from verifiably disadvantaged backgrounds. Just because you're broke right now does not mean that you're eligible to apply for the Clinical Research LRP. This is for folks that grew up in traditionally financially disadvantaged backgrounds. If you have more questions, reach out to my LRP information center. They will tell you the absolute truth. I won't make stuff up about it, so check out my information center. Now, available next fall is the REACH, or Research on Emerging Areas Critical to Human Health LRP. This one is really exciting because it allows for individuals who will not be eligible under previous or under the other existing LRPs to possibly be eligible to compete and apply for the LRPs. This particular LRP allows for the ICs to really target their current priority areas. Like for example, no one was worried about COVID last year. Now everybody is worried about COVID this year. So if you were utilizing some sort of animal model. Maybe not animal model, or cell lines or whatever it might be in order to do those kinds of investigations, you wouldn't have been eligible under the other categories. Next year, possibility. That means check in with the ICs to determine what their priority areas are. Basic eligibility criteria, you have to have a doctoral level degree. There is an exception for Contraception & Infertility. You must be a U.S. citizen. You must be able to commit to performing research for 20 hours per week for the entirety of your LRP application. The first LRP application award is for two years. So for two years straight, every quarter. There are four quarters to ever year. You must be able to perform research for at least 20 hours a week. Your educational loan debt must represent at least 20 percent of your annual base salary. I'm not talking about after you start teaching a bunch of classes and that kind of stuff like that to push your income up, I'm talking about your base salary. Research funding and salary support must come from a domestic nonprofit source. If you have applied for an investigator-initiated funding opportunity that is sponsored by a for-profit organization, unfortunately you're not eligible for the program. But there are nuances to this one, so if you have questions, please reach out to my LRP information center, okay? Qualifying loans. So we'll repay your educational loans from your undergraduate degree all the way up until the time that you receive your first LRP award. We will repay educational loans that are backed by the US Government and from accredited US academic institutions. I'm going to say this, it's going to sound crazy, but if you got loans, for example, from the Bank of Canada, that's not eligible. Now it may seem really self-explanatory to you, but I promise you we get these questions, right? U.S. academic institutions and backed by U.S. Government. So we're not going to repay non-educational loans. No PLUS loans to parents, no loans from non-US institutions or government entities. If you have a service obligation, let's just say if you're on a T-32, right? It doesn't mean you're not eligible to apply, you just have a service obligation that's associated with your T-32, and you cannot satisfy two service obligations at the same time. So for example, you wouldn't be able to satisfy the T-32 and the LRP service obligation at the same time. You would contact my office. My office would help you to defer your service obligation for that T-32, okay? If there's ever any problems, ever any questions, make sure that you get in contact with the LRP information center. Don't tell yourself, no, or that you're not eligible. You call us and we'll let you know for certain, okay? Oh, if you want for your loans to be eligible for repayment, you can consolidate your own loans, but you cannot consolidate with another individual's because they will no longer be your loans. Also, watch out with your own consolidations because sometimes you can go to these private organizations, they'll consolidate your loans into a non-educational vehicle, and then that loan is no longer educational debt, okay? So just be very careful, and again, if you have any questions, call the information center and they will be straight with you about what's allowable and what's not. This is a very busy graphic right here. It just gives you the applications versus awards rates from 2016-2019. Really what you should take away from this graphic is that the overall success rate for the LRPs is about 50 percent. That's better than any success rate that is available at NIH, flat out, point blank, period. That means your chances are good, okay? Also take away from it that the largest programs are the clinical, followed by pediatric and health disparities, okay? Career related advancements. So when you tell your mentor, "hey I want to apply for a loan repayment program award," and they say, "You lazy, selfish bastard, why are you applying for a LRP when it doesn't give you any research support and no salary?" This is what you tell them, that there are career- related advancements related to the receipt of an LRP. So what we did is that we did an assessment of our program, and what we did is that we followed individuals that received an LRP, or applied for an LRP and received an LRP, and compared it to individuals that applied for the LRPs and didn't receive the LRP. And what we did is that we followed them for up to 15 years after the receipt of that first LRP or after the time point that they first applied for the LRPs. And you can see for yourself there's an immediate difference between those individuals who apply for the LRP and receive the LRP and those who did not. Am I saying that if you never receive an LRP award, then your career is going to be trash? I'm not saying that, don't get me wrong. But what I am saying is that there is some sort of advancement that is related to the receipt of that LRP award that really puts people in position to really be productive in their careers across time. So annual persistence in research. What is persistence in research? Basically that is, are people staying in research. Are they conducting activities that are considered to lend itself to career development? Are they publishing? Are they submitting for grants? Are they receiving grants? So on and so forth. And you can see immediately that the answer is yes. Take this graphic, give it to your supervisor, give it to your mentor and this is what you tell them. "This is why I'm investing my time right now and applying for an LRP award." We also asked people too, "What are some of the direct career and personal-related benefits of receiving this award?" And besides, duh, getting money, right, and not having to pay your loans off at least for a little bit, there's that ability to be able to pursue career-related passions without a lot of worry about your salary. Now is everybody worried about their salary? Yes, I'm not kidding. I'm not crazy here, but the thing is that you're able to pursue, let's just say another fellowship, or something else because you're not necessarily worried about having to go out and make money, or more money because your loans are being paid off for a little while. It gives you protected research time. When you apply for the LRPs your institution is signing off that you have 20 hours a week. 20 hours a week for the next 2 years to invest in your research career. There is no way that you can develop your research career if you're not given time to be able to do so if you're teaching umpteen thousand classes, or if you're spending hour after hour in the hospital, or in clinics and seeing patients as opposed to concentrating on your research, okay? It gives you practice and preparation for applying for other NIH grant mechanisms. If you've ever applied for an LRP before then you can see for yourself that it's kind of like a grown up F format, or like a mini K format, right? Or even you haven't already applied for some of these, once you do begin to apply for the next phase, or for a career development award, you'll see this format is just like the LRP, it's just expanded a little bit. So it's not as kind of scary, right? You know what to expect. It gives you the added boost to your career preparedness, and the ego boost that you need at this point in time to show you that you're conducting NIH research that is relevant to NIH, and that you are fundable. We hear so much over the course of our training and education about how hard it is to sustain a research career, but you're getting proof early on that you're doing something that's meritorious to NIH. All right, now let's dive into the elements of the application, okay? So I compared the application to a road map, so basically you're here right now, you want to get someplace else for your career, ultimately research independence. Now the application and the elements within your application are giving you an opportunity to show a reviewer that these are the things that I'm going to be doing in order to launch myself into the next phase of my research career, okay? So basically you're going to be describing where you are right now. So that's your environment, your training, right? Your previous training, where you're going. Ultimately, what is it that you want to do with your career? What kind of car do you drive? Basically your research, right? Who are your co-pilots, your mentors, your mentoring team, your collaborators? The institutional support also is an important element of this. And also what is your timeline and your plan? That's your research plan. Now let's jump into those major sections, okay? The research activities section, this is the part where the reviewers will first begin. They're going to take a look at your personal statement because in the Fs and in the Ks, this is the only time that NIH is really interested in who you are as a developing researcher. They want to get an indication of your passion and your grit related to your work. Where is it that you say you've been? What's your previous research training? How did you develop your scientific interest? What is that thing that's rooting you within your research? For me, when I was in the lab, my interest was, or my expertise was in addiction. Why did I choose that? Because I had a grandfather who was an alcoholic from the time that I was a child, well, from the time my mother was a child, up until the time that I had a child myself. And so I was really interested, and there were correlates related to this. Why does this guy keep doing this? Why do we see him year after year and he's drunk, right? So that was kind of the thing that rooted me in my scientific interest. Did I put everything related to it in it? No, but I did put a little bit of that into it because it really rooted me to what it was that I was doing. You're spending so many hours year after year. Why is that, right? So talk about your accomplishments. Do not be afraid to talk about you and who you are and what you're lending to your field of research, right? I always say we get about 3,000 applications in a year. I guarantee you every single last person in here can walk on water, turn water into wine, feed the multitudes with fish and a loaf of bread, so you better be able to do that, too. And you better be able to raise people from the dead, because you want to be able to separate yourself from the pack. So do not be afraid to talk about your accomplishments that have gotten you here. Also talk about your short-term and your long-term goals. Short-term is the next 2 years. What is that you're going to be doing over the next 2 years? Longer term is after that, and ultimately how you see your career shaping up. Your mentoring and training plan. So for those individuals who are applying as a mentor candidate, you're going to be describing within your mentoring and training plan the skills that you're going to be acquiring along way on your pathway to research independence. So what type of training activities are you going to be invested in? What kind of professional development and leadership development activities are you going to be involved in? Think about the IDP that you have when you discuss with your supervisor or your mentor every year. Think about bringing those elements into that mentoring and training plan, because those also contain elements that should be important to your overall professional growth. And they also should be related to your research plans. Don't just put in kitchen sink stuff that makes no sense, right? Reviewers are professionals. They can sniff out a fake anywhere, right? So be really serious and give serious thought to those elements that you need in order to continue to develop yourself professionally, okay? Two-year timeline is important because LRPs are only for 2 years. So if you're including 4 or 5 different aims, a reviewer's going to say, "Oh, how sweet, that's so cute that they think that they're going to be able to get all of this stuff done in 2 years." I'm going to give you more time to think about it because your application is going that-a-way, right? So make sure that when you're thinking about it, you're thinking about your plans over a two-year period. I know that you're going to be thinking beyond that, right, but if you have additional research aims, talk about them as future research aims or future research goals that you want to attend to, okay? I won't really talk about proposed research plans. You guys have been doing this for a long time. Just make sure that you identify your specific roles and responsibilities, okay? Research environment. This is really important right now because why are you where you are right now? What is it in that environment that lends itself specifically to the development of the next phase of your career? What are you getting there at your institution specifically that you can't get someplace else? Who is there in that environment that you can't get access to when you compare it to someplace else, okay? Loan information. This is only for new applicants. Tell me how much you really owe. Don't be afraid. I mean, having a lot of debt doesn't make you a bad applicant. It doesn't make you a good applicant. Reviewers don't have any idea of how much you owe. It's not a part of the review criteria. But if you want me to repay your loans, don't tell me you have $10,000 dollars when you actually have $100,000, okay? What are reviewers looking for. They're looking at the totality of your application to kind of assess your potential to succeed in an independent research career. So they're going to be looking at the elements of your application. What is it that you're saying about your previous research training and experience? How is it going to lend itself to the next phase of your development? How it is lending itself, or how does it make sense? As my niece would say, "Make it make sense." How does it make sense for where you say that you want to go ultimately, which is to be an independent researcher in the field of blah, blah, blah doing XYZ? They want for you to be able to demonstrate your commitment to a research career. What does that mean? That they're looking at your research training and experience, they're looking at your mentoring and training plan. They're looking at the letters of recommendation to see if they all fit together to show that you're a great candidate who understands where they want to go, or how they want to develop their research career, and you're poised to really enter into that with a little bit of assistance from those individuals around you, okay? Strength and quality of letters of recommendation are extremely important. Why? Because you can develop a fantastic application, but if those people that you have put forward as your recommenders, or your references, don't give you a stellar recommendation, or basically it says that Ericka came to the lab every Friday and she's a great person, you're never going to get this award. You're never going to get a career development award. You really want for your letters of recommendation to be specific to you. What are you lending to your field of study? What have been your accomplishments? Who are you working with and what are you contributing to this working relationship? What are they going to be helping you with? What are you going to be helping them with really, right? If you have five letters of recommendation, they really need to be important. Make them count. Why are you adding these particular people as references for you? Also institutional support is very important here. Someone from your institution should be addressing that institution's commitment to the development of your research career, okay? Quality and appropriateness of your research environment. We've kind of talked about that already, and research progress. One of the top reasons people don't get renewals is because they did not treat the renewals, the research progress section, with the appropriate amount of respect. Make sure that you are addressing every element that you can think of of career-related progression. Remember I said 3,000 applicants, all of them walk on water. You better do the same. Common mistakes. People ask me all the time, what are the reasons that people don't get LRP awards? There are very many, right? So one of them is not contacting your program officer. How are you supposed to understand what the priorities are for that institution, what the research priorities are, what the funding priorities are, if you don't talk to the people who work there? Yeah, you got the funding announcement. That's general. Right? You want to understand the secret sauce. Who has that? Program officers. Why? Because they live and breathe their priorities every single day. You can talk to them about your research aims that you are proposing to see if they fit really nicely and neatly underneath their priorities. Maybe one or two of them may need a little bit of tweaking, but you don't know that until you talk to a program officer. So some people are like, "Oh, well, I didn't talk to a program officer, but I applied." Some people get the award. Lucky you. Other ones don't, and they didn't understand that their aims just needed a slight tweaking to really fit nicely under the research priorities. If they had known that, they wouldn't have wasted a whole year with reapplying, okay? Rushed preparation. Nothing makes a reviewer madder than seeing a bunch of mistakes within an application, right? You've reviewed 1,000 things. It really dampens your enthusiasm when you saw mistakes here, sentences not finished here, the graphics are this small and you can't see it. It really dampens your enthusiasm, okay? So make sure that ... I always had my best friend read almost everything that I've ever written. Why? Because she has fresh eyes. She's nowhere even related to what I do, but if I could write in a way where she understood what I was trying to get across, then I thought that I did a really good job. Okay? Plus, she could point out the mistakes that I made. Questionable research commitment and a weak research plan. Make sure that you are working with your mentors on this, okay? They've written 1,000 research plans. They've read 1,000 research plans. Make sure that you're working with them so that you can make sure that your research plan doesn't have holes in it, okay? Failure to adequately describe your mentoring and training plan, or your career development plan and your research timelines. We've talked about that. If you have more questions, check in with us at the booth, okay? Slim publication record, or areas that you think need continued development, right? It doesn't mean that a slim publication record is like a harpoon within your application. It just means that you need to address that, right? Reviewers are reviewers for a reason. They've done this, right? They're going to review your biosketch. They're going to read your application, and they're going to say, "Hmm, I wonder why this isn't there or that's not there." But what you're going to do is that you're going to take the stance in your application of already addressing things that you know need continued development, or there could be a "hmm" in there, and you're going to address it positively. You're going to talk about how you're going to develop your publication record, or how you're going to develop X, Y and Z, or whatever other areas that you think need a little bit more growth and attention. Your mentor and your recommenders, or your referees, are also going to address that in their letters or recommendation. So it really does give this 360 view that you really understand what you're needing to add to continue your career development in a positive direction. If you have questions for me, put those in the Q and A and not in the chat, okay? Lukewarm letters of recommendation. I've had people who have gotten people to supply letters of recommendation. They're like, "Well, I don't understand why I didn't get an award because so and so wrote a letter of recommendation for me." Well, so and so wrote four lines. So if this person is so important that you asked them to provide you with a letter of recommendation, but they only have four lines worth of text to say about you, it's even worse than if you just get, I don't know, somebody else to give your letter of recommendation. Because this important person really doesn't think that much of you, it even weighs even heavier. So just make sure that whomever is giving you a letter of recommendation that they are actually making it specific to you, okay? Not applying, that's a really good way of not getting an LRP award, let me tell you. Also, impostor syndrome, let's talk about that for a second. Have you ever guys ever heard of impostor syndrome? Put that in the chat feature. Yes, yes, yes. Okay, great, thank you. So now let's talk about that for another 10 seconds, right before we can get to your questions, because that's the important thing is to answer your questions. So what's impostor syndrome? Basically a pattern of thought where people are discounting their accomplishments. They're feeling like, "I'm not really as prepared as the other people," right? So you have these feelings of anxiety and self-doubt and the negative self-talk. Anybody ever engaged in negative self-talk on this chat right now? Anybody? Just me? Okay. Anna, yeah. That negative self-talk will wake you up in the middle of the night and remind you of mistakes that you've made. Half the time you can't remember the good things that you've done and the progress that you've made, but you can point out mistakes that you made in the eighth grade, right? So how do we handle that, how do we counteract that? Because we try to be perfectionists, we try to do everything perfectly. We overprepare because we feel like there is no room for error because they're going to run us out of town with pitchforks and fire, right? It's often experienced by highly successful people, intelligent people. Hey, you're no slacker. You're definitely no slacker. You're a hard worker. Also impostor syndrome and experiencing impostor thoughts doesn't mean that you have low self-esteem or low intellect. It just means that you doubt yourself from time to time, but maybe you're doing it a little bit too much and not giving yourself enough grace, okay? It's often sparked by new opportunities. So you think to yourself, "Oh, well, I'm not really prepared for so and so, maybe I need more training, maybe I need more education, maybe I need more time, or maybe I need to develop this and that and the other." But that really keeps us from real growth because we're afraid to kind of step out there because we're afraid of making a mistake, or at least in our minds, how we think it's a mistake, right? No one ever admits to impostor syndrome, so you think you're out there all by yourself, and you feel alone and you don't share with other people. But these impostor thoughts can lead to procrastination, right? That means my 30 minutes is up, so I've got to keep going, right? I want to leave time for Q and A. So the impostor thoughts can lead us into procrastination because you don't want to work on those things that you think are so daunting, right, like your LRP application. I need you to get on that, like, today, ladies and gentleman. Also missed opportunities, like your LRP application. Ladies and gentleman, you're never going to get an LRP award if you don't apply, right? So you're missing out on these new roles, these new opportunities because you're talking yourself out of it, and you're also emotionally exhausted because you're spending so much time in your head talking yourself out of things. I really like this quote. "If someone believes, by contrast, that people having the careers of their dreams grapple with consistent self-doubt; if they believe they don't need any more confidence than what they have right now in order to accomplish their goals, if they can shift their vision of the ideal self from a confident rock star to a rock star that experiences self-doubt, they have a place from which they can go forward, right?" Really life is not about the whole Superman thing. Life is about recognizing that we have these things that we may be like, eh, but you still keep going. You may have some fear, but just keep going. So free yourself. Sorry this animation keeps getting messed up here. So how do you free yourself from that? One is that you have to plant your feet and breathe. Half the time we're spending so much time in the anxiety portions of our brain that we're not able to think clearly. So just take a moment, step back from that thing that is stressing you the heck out and just breathe. And separate your feelings from what's actually true. They're not thinking you're an idiot. They probably didn't even recognize what just happened, right? You did, but you don't have to alert the world to it. Let yourself ... give yourself some grace. Take a breather. Silence is not golden. You do not have to do this all by yourself, and we don't have to know all the answers. That's hard in our field because we're considered the expert. People always say, "Oh this is the expert." Or, "I'm a doctor, I have to ... " You don't. You have your colleagues. You have your neighborhood, you have your networks. Reach out to those people. Take advantage of that knowledge that they have so that you can learn and you can grow. And it's okay to ask questions. You should be asking questions, but somewhere along the way we associated questions with inability and that's just not so. Be your own best friend. Play a new mental tape. Visualize success versus your failure. Like I say all the time, Shaq can't hit a free throw to save his frigging life, but when he would step up to the free throw line every single time, he told himself that he was going to be able to do it and you need to do the same exact thing. Brush your shoulders off, reframe your mistake meters. Criticisms or questions don't have anything to do with you. It does not indicate your lack of ability. It's okay. It doesn't say just go laissez faire, but it also doesn't mean that you're a blooming idiot. It just really doesn't. So you really need to detach issues or criticisms from feelings about who you are, or what you think other people think about you because they're not the same at all. Cut out the Instagram, Snapchat mentality. My nieces take pictures all day long and they post one and it's like their life is like consisting of this amazing thing that happened all day long when that was just one picture. Life is all of those pictures that you took all day long, okay? And stop comparing yourself to your possibility models. They've had a bit more of a head start than you, and you also don't know what the things are that they grapple with in this world. So give yourself a break. Stop comparing what you think are your blooper reels to their success reels, because you don't know what their blooper reels actually are, and you don't what it took for them to get to where they are. Give yourself a moment to develop as well. Do something good for yourself like mentoring other people. Makes you feel good in understanding that that you have some things to contribute to other people, because someone is looking at you as a possibility model just hoping and praying to get to where you are right now. Engaging in self care is very important. I don't care what it is. I don't care if it's walking the dog, yoga, listening to music. I don't care what it is. But there is no way that you can be prepared to give to other people, and to really be present in your life, learn and live and grow if you feel like you're running on empty all the time. Let me tell you, I can preach about that one. All right. And also develop a mantra. There's something that you should be telling yourself every day, one, to support yourself when you're stressed the heck out, or just two, to just get through the day. What is that, right? I'm focusing on trying to be intentional with my energy because before I was just giving it out everywhere. And if I'm giving away all of that positive energy, I don't have anything left over for myself, so I'm really trying to be intentional about that. We've got about 10 more minutes left. Within the slides there's also a self care plan. I want for you to think about how you can support yourself. You are planning this fantastic career. Now you actually need to be present for yourself in order to be able to invest in yourself. So these are different aspects and different areas where you can think about how to support yourself in body, mind and spirit. Think about the things that you want to invest in or develop, whether it's personal or whether its professional. It can be a myriad of things. And who are those people who are there who can help support you through that goal? So I was supposed to skip this slide right here and the animation messed up. But basically, get out of your own way, ladies and gentlemen. So now if you're interested still in applying for the LRPs, we have a fabulous website, www.lrp.nih.gov. Go to it. We spent a lot of time and money developing it. There's also the contact and engage section of the website where it lists all of the participating NIH ICs, as well as the program officers, and the missions for the organization. Please contact a program officer. LRP ambassador website. Ambassadors, have you guys heard of the LRP ambassador program? Have you guys talked to an LRP ambassador just yet? Put that in the chat. No, Samuel. So the thing is that there are people who have received LRPs who are so excited about the benefits, they're at your local institutions, I promise you, and they are willing to talk with you about their process of applying for the LRPs. Some of them will even be willing to share bits and pieces of their application to kind of show you their own thought processes, or how they approached their LRP application, okay? Now we're going to open this up for questions. We got a data dashboard there too, so you can see stats about the program. This is a synopsis here. Hey, what kind of questions do we have? We have 41 questions?

Omar McCrimmon: Yes, we do. Ericka, I'm going to read this out to you, okay?

Ericka Boone: Yes, and if we don't get to all of them, please visit the booth, okay? Please visit the booth. We just don't have time to get to all of the questions.

Omar McCrimmon: Okay, here we go. I use medical informatic approaches to conduct clinical research. I am unsure if this fits LRP's definition of clinical research. Healthcare providers in my healthcare system will have interactive subjects, and inpatient and outpatient settings, but because of the large scale nature of the data it will not always be me or my immediate colleagues that interacted with the subjects.

Ericka Boone: Kelsie, you're on the line. So what I'm going to say to you is that reach out to me, okay? My email address is Ericka.Boone@NIH.gov. Omar, will you put that in the chat for me?

Omar McCrimmon: Yep, I will.

Ericka Boone: So typically I would say no for that, Kelsie, but for some ICs, they say yes. So I want to get a bit more information from you so I can tell you who to go to ask that question. So if my research spans both clinical and pediatric, is there a preference for the category? Really, this is where your program officers come into play, right? So what are your specific aims? Sketch them out, choose an LRP or choose a couple of program officers, because you should be thinking of a couple of places that you should be talking to so that you can kind of hedge your bets, right? See which IC is really going to be able to help you nurture your research ideas, right? Also, the NIH matchmaker tool will be fantastic assistance for you. Put your specific aims into the matchmaker tool, or put your abstract in, and it will show you which ICs are funding the kind of work that you are conducting right now, and what kind of mechanism that they're using to fund it. But you use that information after you identify the ICs, and then you go to the contact and engage page on the LRP website, and then you contact that program officer. "I've heard that applicants with NIH funding and first authored publications with mentors receive priority for the LRPs. "Who did you hear that from, Bethany? "I'm less than one year out of my PhD and currently in a post doc. Do not yet have an NIH grant." Most people don't have their own NIH funding when they apply for and receive an LRP. Don't let those folks fool you. As I always say, don't let somebody else talk you out of your money. So Bethany, if you want LRP, you got to come and get it. So don't let those people talk you out of it, okay? You can be competitive too. There are plenty of post docs who get it. Annalisa.

Omar McCrimmon: You got it, Ericka, or you want me to read it?

Ericka Boone: I think I might be able to scan it a little quicker. Annalisa, I'm going to tell you to reach out to me, right, because I think I would probably tell you to write your LRP application from the perspective of what you're already doing, and add the dementia part in as future aim, future goal coming up. E-mail me, okay? "How does one decide a subgroup to apply to if their research could fall into more ..." Okay, talk to the program officer. They could tell you that. Talk to the program officer. Get on it now. The deadline is the 20th. I want for you guys to not be afraid. Start that application today, okay? "Can you explain more about the service obligations for the T-32 that conflict with the LRP?" You basically ... the NIH is giving you money to do your research, and you say, "Okay, I'm going to do research," right? That's your service obligation. For the LRPs, same thing, but you can't satisfy two obligations at the same time. So they have to be sequential. Call my office, call the LRP information center. They'll give you more information. Omar, can you put the number for the information center? Oh, it's up. Wait.

Omar McCrimmon: Yep, I've been putting the links in. Yep.

Ericka Boone: Guess what? If I advanced my slides, I would have been able to put it in there myself.

We have questions about clinical faculty who work on industry sponsored clinical trials. They do not get direct salary, but do see patients earn or collect data. Okay, you cannot receive, and this is an anonymous attendee. I'd like to know who you are. So send me an e-mail as well. You cannot be a PI of a industry-sponsored clinical trial. You can be a site PI, and you can conduct research. You are seen as a participant, unless you are receiving salary. I don't care if it's 1 percent. It could be a half percent, or if you're getting researching funding support from it, you cannot have those two things and also receive your LRP. If you have questions, please do reach out to me, but I'm hoping that that's clear. Anonymous attendee, put in the chat feature whether you understood that one for me or not, okay? "I have a clinical doctorate." Yes, if you already have a terminal level degree, you have a clinical doctorate and you're pursuing a PhD, you're eligible to apply right now because you already have that terminal level, or that doctoral level degree, even though you're pursuing another one, okay? "Can I use previous parts or pending upcoming NIH applications in an LRP application?" You do not propose new research aims in an LRP application. Well, some people do. This is what I always tell people. Tell me about what you're already doing. We're trying to keep you on track to what you're already doing. You do not need to propose new research aims. It does not have to be separate research. Let me put it that way. It doesn't have to be separate research because we're not giving you salary support. We're not giving you research support. We're only giving you loan repayment. It's not double dipping if you already tell me about what's already funded. You literally don't have to do extra work. You tell me about what you're already doing, okay? There can't be anything easier than this. "Are government employees eligible for LRP?" Gabrielle, send me an e-mail because it depends. If you work for NIH, then there is a staff loan repayment program award, or if you're intramural, there is an intramural LRP. If you work for a different federal agency, then you have to apply through your agency. "With the 2-year timeline, does that mean the proposed project needs to span across the 2 years, or can a specific project be for less than 2 years?" You should be writing about the work that you're going to be conducting from the time that the LRP starts. So if you apply in November, it starts in July. So really you should be thinking about July to July, okay, as opposed from November to November, okay? If you have more questions about that, please do let me know. "Do you have to be seasoned or extensively funded?" Nope. Of course, if you've got funding, if you've got a gazillion publications, you're going to look more competitive, right? But that's not always what someone is looking for. It's really the research area that they're looking for, that the ICs are looking to invest in. "Is it recommended to submit a training grant F30 or 31 before an LRP?" You can do whichever one you want. I would say if you're eligible to submit your LRP application now, sir, ma'am, please go ahead and submit that right now, okay? I have 1 more minute left. "Dr. Boone, I've heard you say before in a podcast or something that if you're applying for a K that the LRP should be incredibly similar. If not, pretty much the same as the K. Can you confirm?" What I said is that you lift parts of that K outside of that K application and put it into the LRP application. You can use the exact same specific aims. However, the K award is for 5 years. LRP is just for 2. So don't put all those aims that you put into the K award into your LRP, okay? Whoever had the question about cornerstones, stop by the booth, okay? And I'm going to have to log off because we're now 15 minutes out, and I actually have to host another session. So if I did not get to your ... Yes, there is a copy of this presentation. Omar, can you put the link in again?

Omar McCrimmon: Yep, uh-huh.

Ericka Boone: Thank you. "Should you write your application from a first person or third person?"" I think first person. That's going to be fine. Transition from a postdoc to a faculty, is there a way to confirm that the new potential employer and project will still be eligible for accepting a new position?" Whoever that person is, that anonymous attendee, reach out to me at the booth, right? So when you're writing your application, you're writing it from the perspective of, "This is what I'm doing for the next 2 years," and put that transition into it, because it's going to really seem evident depending on where you are. The problem might be is that if you don't know where you're going to be, it's like how are you going to do that work? So stop by and talk to me at the booth, okay? So I have to jump off. Thank you, guys, so much for submitting all of your questions. DRPH is eligible. Stop at the booth. Sorry I don't have time to respond to all of your questions. I thank you very much for being an attentive audience, and we're looking forward to receiving all of your LRP applications. Get it on it now. Why do I say that? Because we kind of changed IT contractors, so there might be a couple of bugs in the system. I'm not saying that things are going to be all haywire, but what I'm saying is that the closer we get to the deadline, the more likely it will be that something weird could possibly happen, or because there are so many people that will be interacting with the system at the same time. It might take longer for your documents to upload, so on and so forth. Start early, try to submit as early as possible, okay? The deadline is November the 20th at 8 p.m., Eastern Standard Time, okay? Thank you, guys, so much. You have a fantastic day. All right?