

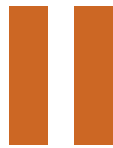
Planning Your Career Path: NIH Experts Share Their Perspectives

Timothy A. Gondré-Lewis, Ph.D.,
NIAID

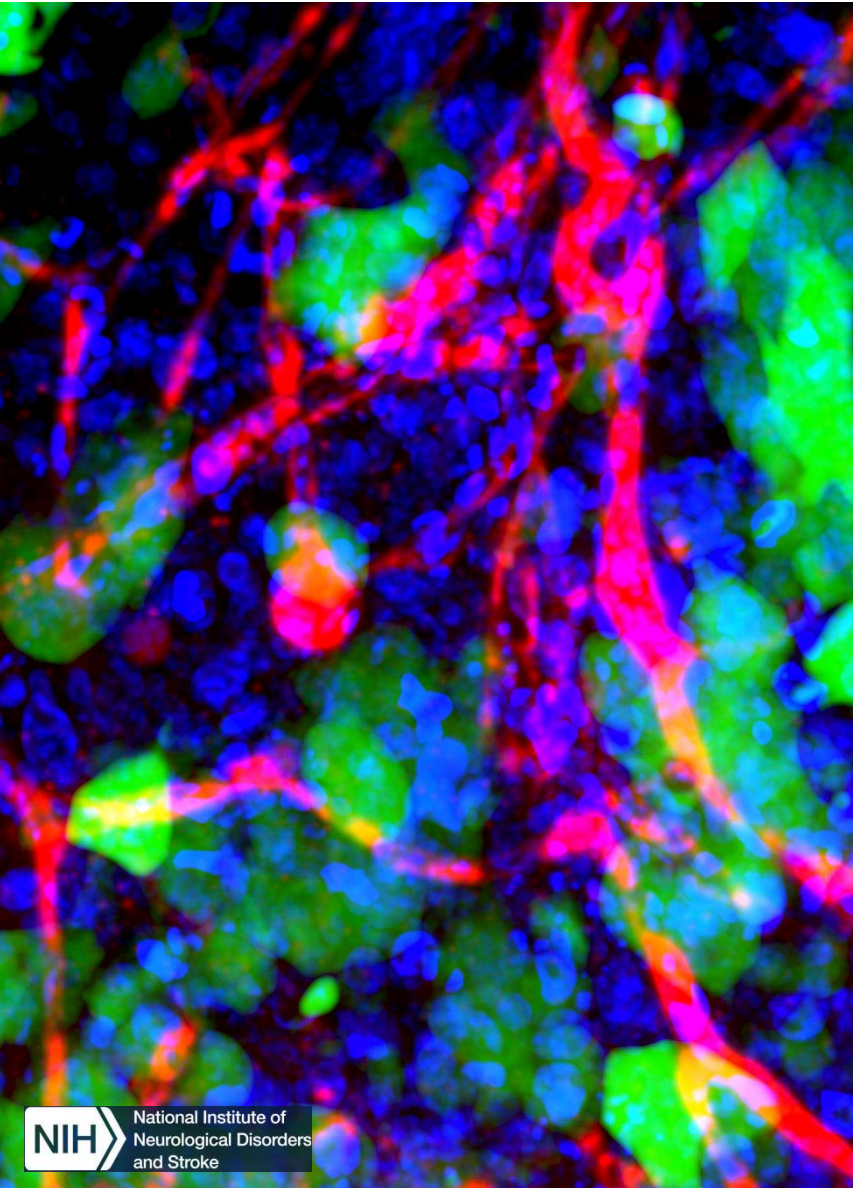
Alison Lin, Ph.D., NCI

Lauren Ullrich, Ph.D., NINDS





- What career stage are you?
 - Graduate Student
 - Postdoctoral Scholar
 - Faculty
 - Other



My Journey



B.A. Psychobiology
Swarthmore, PA



Ph.D. Neuroscience
Washington, DC



Policy & Advocacy
Neuroscience Education & Training
Washington, DC



AAAS Science & Technology Policy
Fellow at NINDS
Bethesda, MD



Office of Programs to Enhance
Neuroscience Workforce Diversity
Bethesda, MD

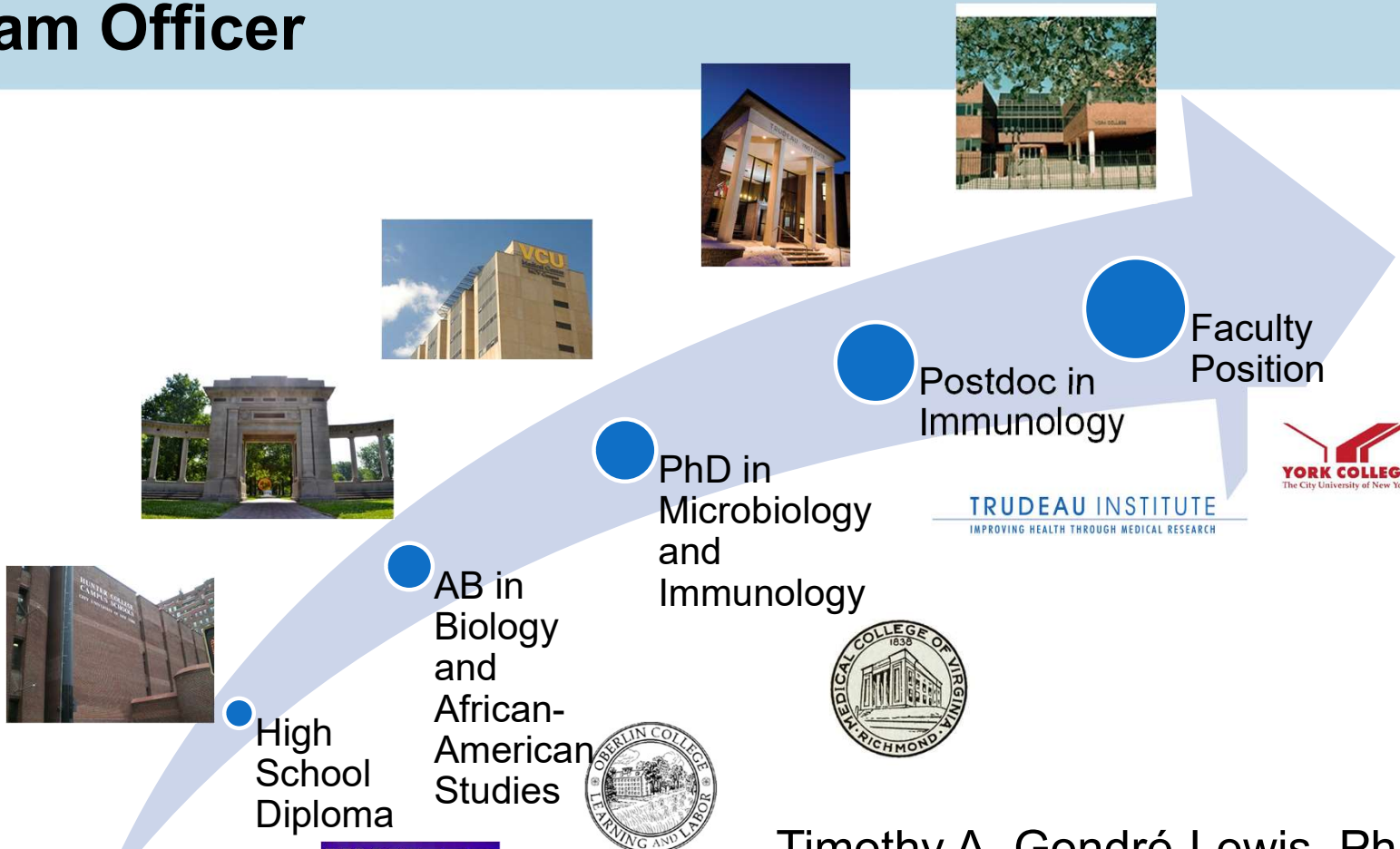
How to navigate your career path

- Focus your exploration
 - Instead of: What do I want to do with my life?
 - Try: What do I enjoy doing?
- Seek out resources and opportunities
 - Many skills are transferable (e.g., project management)
- Develop your network
 - Networking can be useful and fun!

- National Postdoctoral Association
 - <https://www.nationalpostdoc.org/>
- Science Careers' myIDP
 - <https://myidp.sciencecareers.org/>
- Job Simulations
 - <https://intersectjobsims.com/library/>
- Annual NIH Career Symposium
 - https://www.training.nih.gov/nih_career_symposium
- And many more...
 - <https://extramural-diversity.nih.gov/career-pathways/next-career-steps>



My Path to Becoming a Program Officer



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tglewis@niaid.nih.gov

Resources



Q Enter a keyword or phrase Search

Research | Diseases & Conditions | Grants & Contracts | Clinical Trials | News & Events | About NIAID

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[Plan Your Budget & Personnel](#)

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[Submit an Application](#)

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[Review Process](#)

[Respond to Pre-Award Requests](#)

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Funding News



Post-Docs' Guide to Gaining Independence

- <https://www.niaid.nih.gov/grants-contracts/postdoc-guide>

Grants & Contracts > [Find a Funding Opportunity](#) > [Types of Funding Opportunities](#) > [Training & Career Development Grants](#)

Find a Funding Opportunity Apply for a Grant After Submitting an Application Manage Your Award

Postdocs' Guide to Gaining Independence

This page may be helpful if you're a postdoctoral researcher* who eventually wants to be principal investigator (PI) of your own lab, most likely as a faculty member at an academic institution.

*For our purposes, we assume that you have already joined a mentor's lab. Also, we use mentor in the singular, but you may have more than one.

Supervisory

2019 -

Health

2001 -

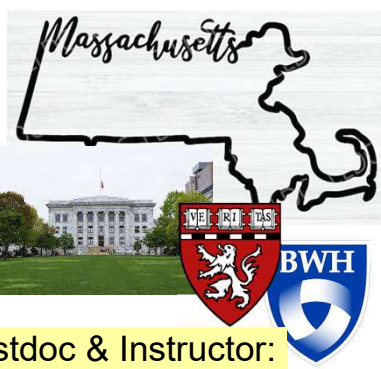
Scientist

1989 -

Administrator

2012 -

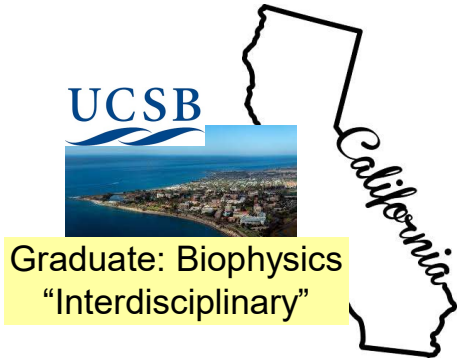
**“Through research each scientist grows as a human being and helps others to do likewise.”
- Pope John Paul II**



Postdoc & Instructor:
Basic research in biomedical sciences



High School & Undergraduate: Physics

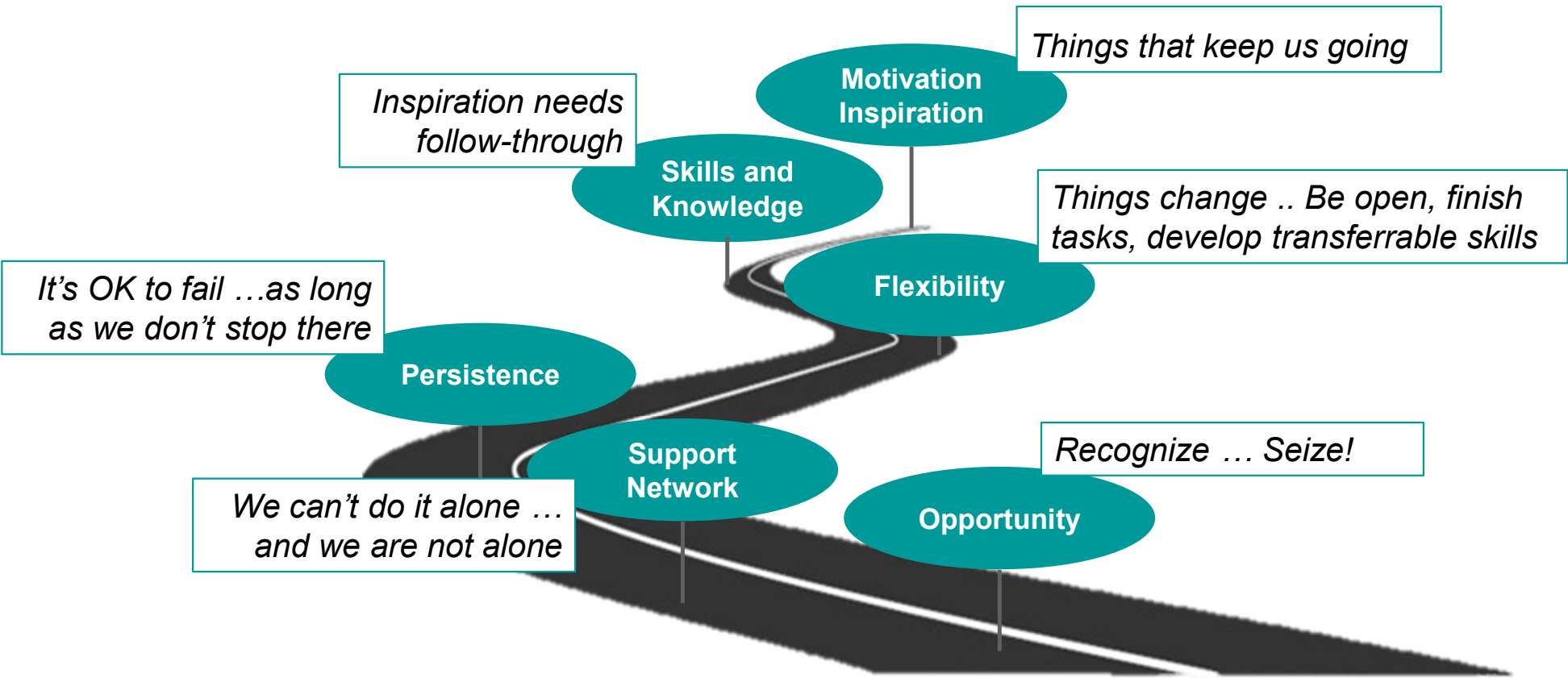


Graduate: Biophysics
“Interdisciplinary”



Contact Email
linaj@mail.nih.gov

Building Blocks of a Career Path



NCI Diversity-Focused Research Training Opportunities:

- Extramural CURE Program:
<https://www.cancer.gov/about-nci/organization/crhd/diversity-training/cure>
- Intramural iCURE Program:
<https://www.cancer.gov/about-nci/organization/crhd/diversity-training/icure>



Tips for Grant Applications:

- Find NIH grants and funding information:
<https://grants.nih.gov/grants/oer.htm>
- Visit NIH extramural diversity website:
<https://extramural-diversity.nih.gov>
- Learn about peer review at NIH Center of Scientific Review:
<https://public.csr.nih.gov/ApplicantResources/Pages/default.aspx>

