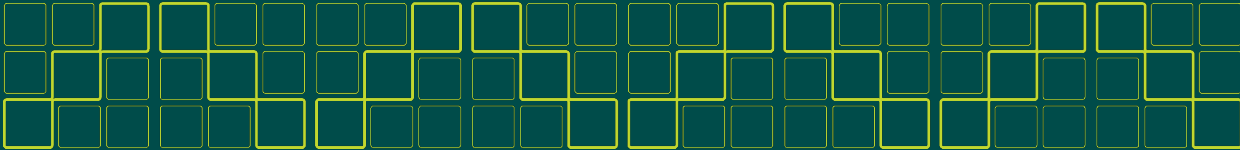


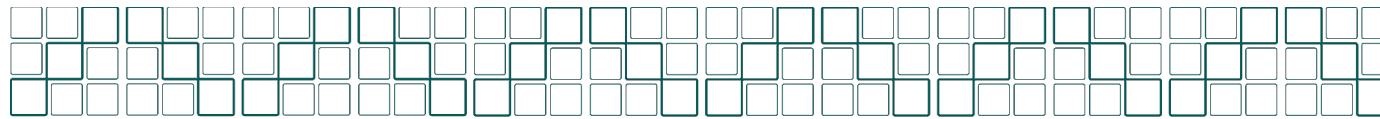
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# Internship Opportunities AT the NIH

Dr. Sharon L. Milgram, Director NIH OITE



NATIONAL INSTITUTES OF HEALTH



# The Challenges We Face

- Disability and chronic diseases
- Health disparities and inequalities
- Complexity of medical decisions
- Threats to our environment
- Disconnect between science and society
  
- We need a talented, creative and diverse STEM-M workforce to tackle these challenges



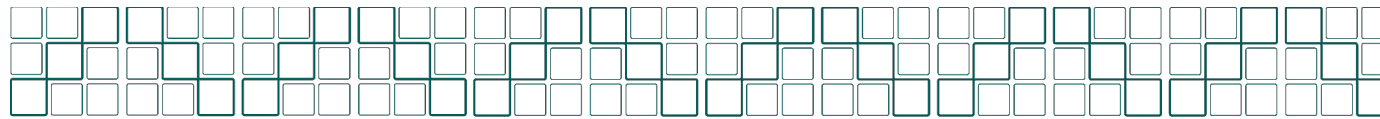
# NIH Mission

To uncover new knowledge that will lead to  
better health for everyone



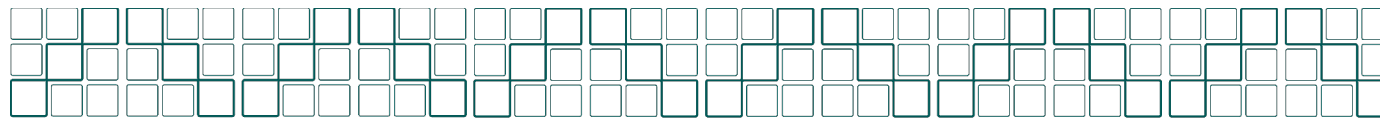
# Important to Understand!

- The NIH is comprised of 27 Institutes and Center (ICs)
- Most ICs have two major divisions – extramural and intramural
  - Extramural: Supporting research and training OUTSIDE the NIH
  - Intramural: Doing research and getting trained AT the NIH

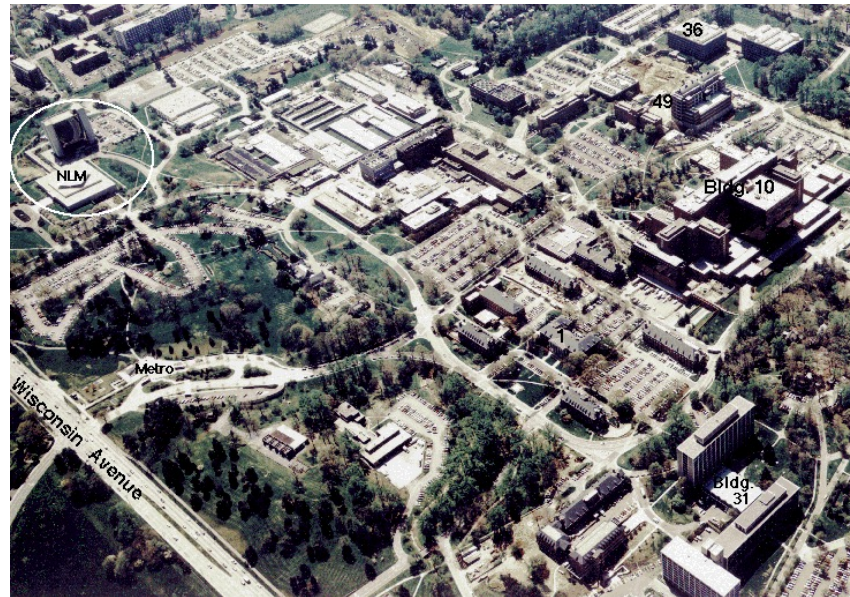


# NIH Role in Supporting and Performing Biomedical Research

- Via the Extramural and Intramural Programs
- At the basic, translational and clinical level
- Using tools from the behavioral, biological, chemical, computational, mathematical, physical, and social sciences
- In the US and throughout the world
- Some programs/opportunities are specifically focused on helping you receive the training you need to develop a successful research career

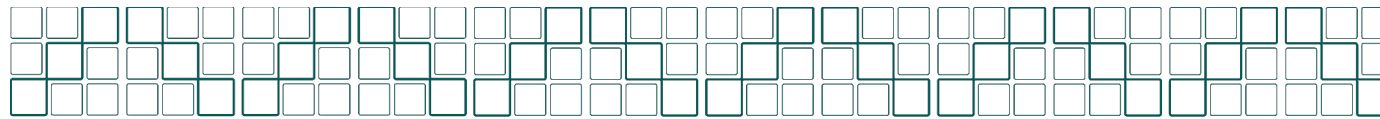


# The Intramural Research Program



“The Nation’s biomedical research institution”

- Research enterprise in 24 NIH Institutes/Centers
- Campuses in MD, NC, AZ, MI, and MT
- Over 950 research groups doing basic, translational and clinical research
- Training opportunities for students and fellows at all levels



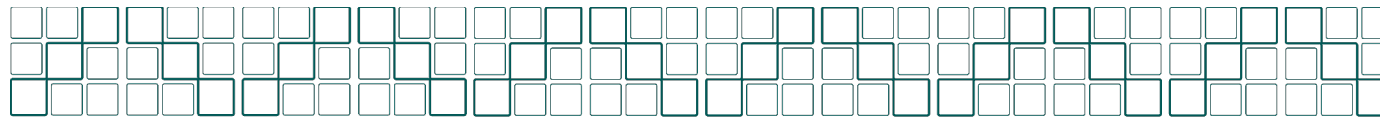
# Bench-To-Bedside Research At NIH



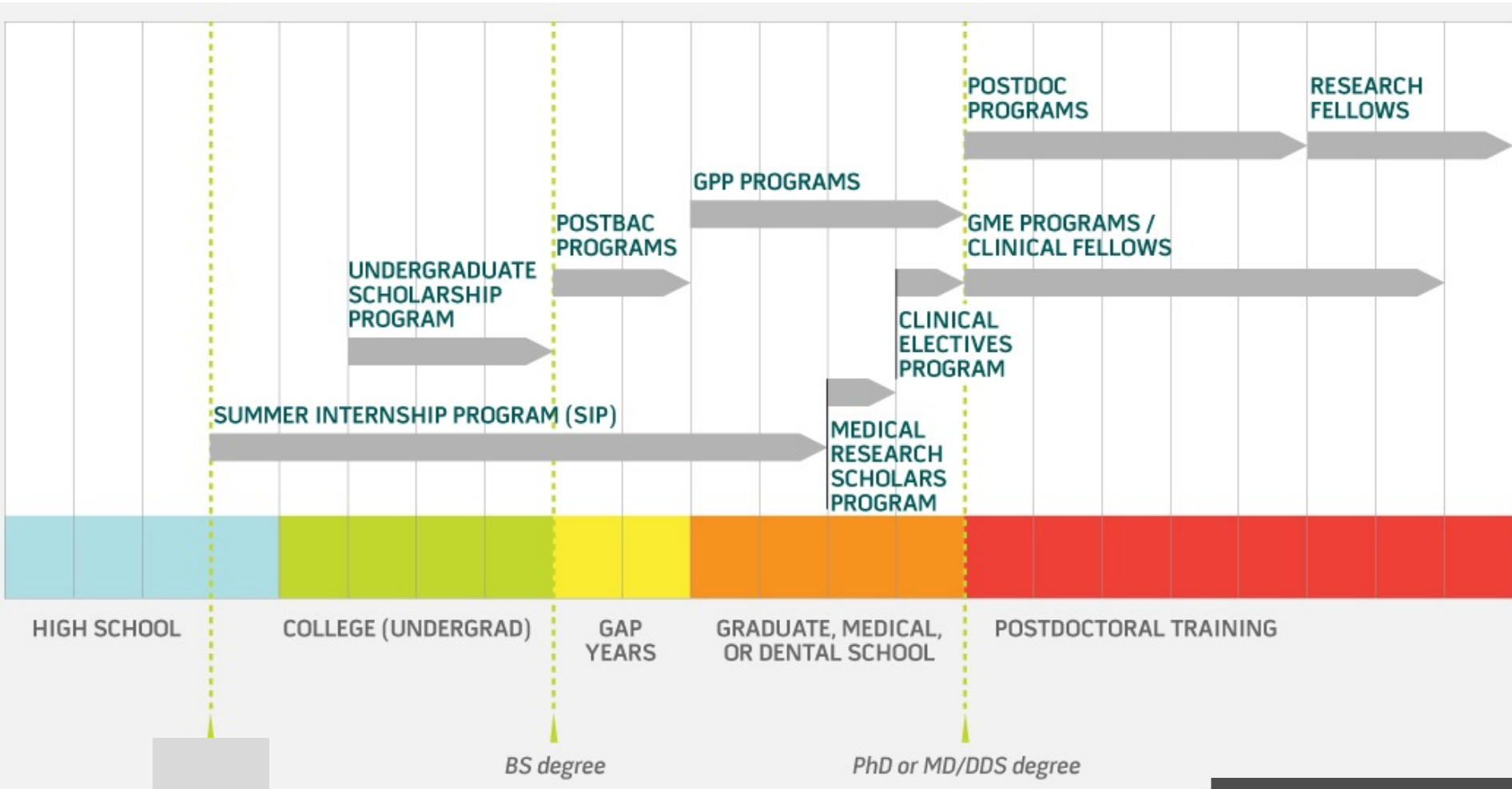
- ❑ 240 bed hospital
- ❑ 7,000 inpatient admissions
- ❑ 72,600 outpatient visits
- ❑ 900 active clinical protocols

For information on clinical trials, please visit: <http://clinicaltrials.gov/>  
We seek diversity in our clinical trials!

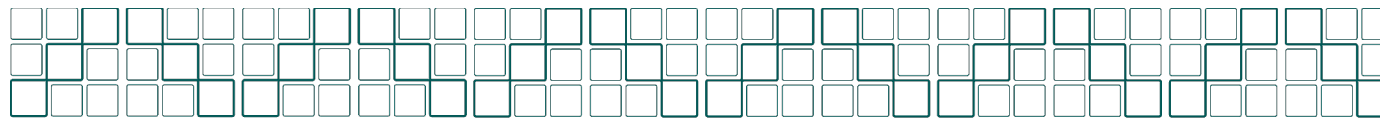




# Trans-NIH Intramural Training

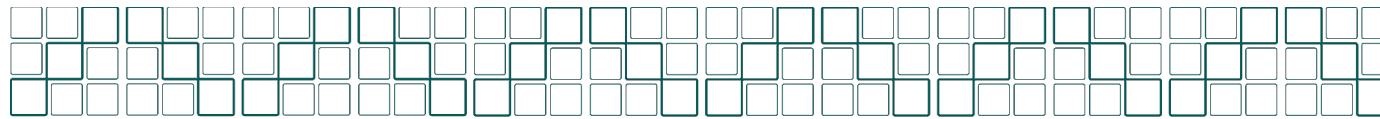






# OITE Career Development Programming

- Workshops:
  - Science Communication
  - School/Career exploration and readiness
  - Resilience, wellness, leadership, mentoring and emotional intelligence
- Major Events and Boot Camps
  - NIH Career Symposium
  - Graduate & Professional School Fair
  - Postbac, Summer and Grad Student Poster Days
  - Translational Science Training Program
  - Science Advocacy Boot Camp
- Access to:
  - OITE Career Services Center
  - OITE Wellness Center
  - Pre-graduate and pre-professional advising



# Some Eligibility Issues To Keep In Mind

- Some programs require citizenship or permanent residency status, and others are open to foreign nationals
- All programs require you to pass a Federal background check
  - Marijuana use is not legal at the Federal level
- Some programs have unique eligibility criteria
  - For example, GPA, extreme financial need, community college student, unable to be in person for an internship
  - read each program web site and reach out if you have questions



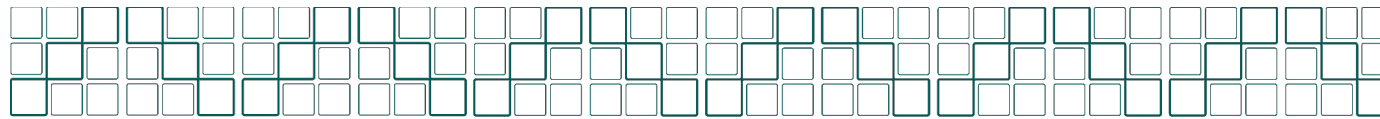
# The Undergraduate Scholarship Program (UGSP)

- Provides up to \$20,000/yr to cover educational expenses for undergraduates who meet specific eligibility criteria:
  - U.S. citizen or permanent resident
  - GPA  $\geq$  3.3
  - Extreme financial need
  - Major in a field relevant to biomedical research
  - Able to pass a Federal background check
- All UGSP Scholars
  - Participate in SIP the year following the scholarship year
  - must work in the NIH IRP for one year in return for each scholarship year



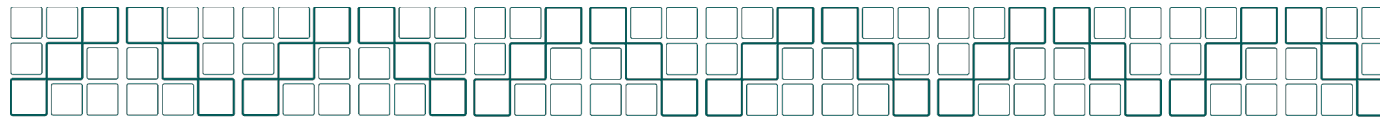
# Summer Internship Program (SIP)

- Paid internships in an NIH intramural research group
  - Across many disciplines
  - Eight – twelve weeks
- Eligibility
  - US citizen or permanent resident
  - Enrolled in school at least half-time
- Can work on any NIH campus
- Research experience at all levels
  - High School (very restricted eligibility criteria)
  - College
  - Graduate School
  - Professional School



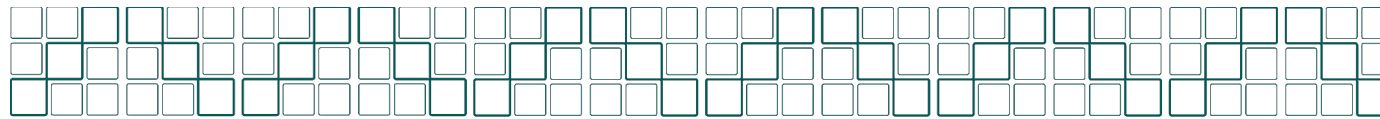
# OITE-Sponsored SIP Subprograms

- CCSEP: Community College Summer Enrichment Program
- C-SOAR: Summer Opportunities for Advancing Research for college students
- V-SOAR: Virtual Summer Opportunities for Advancing Research
- M-SOAR: Medical Student Summer Opportunities for Advancing Research
- GDSSP: Graduate Data Science Summer Program



# OITE Subprograms

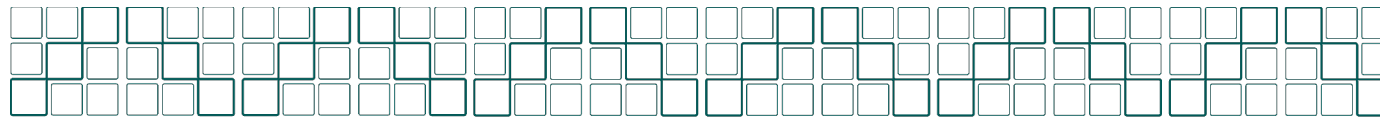
- **KEY POINT:** The selection process happens centrally!
  
- Read the FAQs and watch our videos
- Apply on-line – deadlines vary
- A central committee makes selections and will notify you by the dates noted on-line
- If selected, OITE staff will work with you on an appropriate placement
  - Do NOT reach out to PIs during the application process



# The **General** SIP Application Process

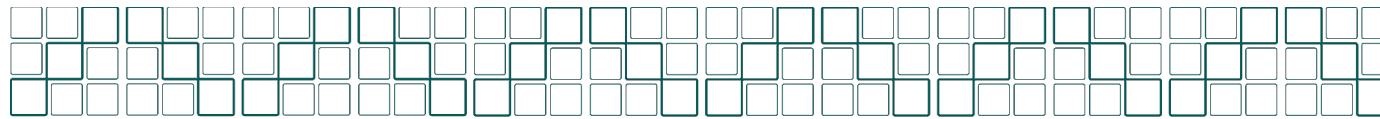
- **KEY POINT:** The selection process happens at the PI level!
- Read the FAQs and watch our videos
- Apply on-line – **EARLY!**
- NIH Investigators (PIs) search the application database and contact with PIs is critical
- Interviews are by phone or in person if you are close by or in the area for another reason





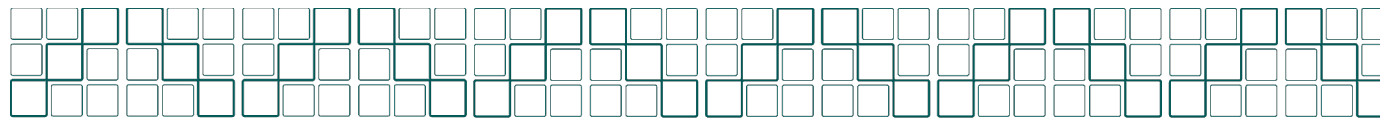
# NIH Intramural Postbac Program

- Paid internships in an NIH intramural research group
  - Across many disciplines
  - One or two years
- For recent college grads (undergraduate or Masters)
- Can work on any NIH campus



# Postbac IRTA Subprograms

- [NIH Academy](#) focuses on health disparities to enhance knowledge of gaps in health outcomes.
  - all NIH postbacs are eligible to participate in Academy activities
- [The OITE-PEP](#) is designed to encourage candidates who were unable to do a lot of research in college to perform biomedical research at the NIH.



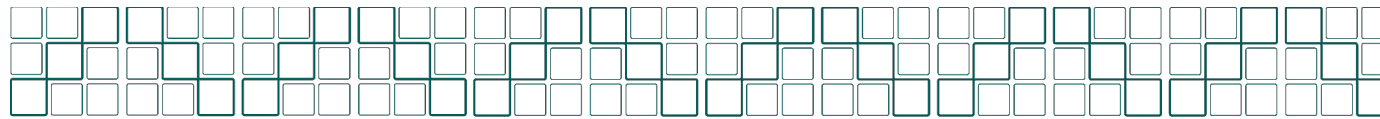
# The Postbac Application Process

- Key point: Except for the OITE-PEP, the selection process happens at the PI level!
- Read the FAQs and watch our videos
- Apply 4-6 months before you want to start
- NIH Investigators (PIs) search the application database and contact with PIs is critical
- Interviews are by phone or in person if you are close by or in the area for another reason



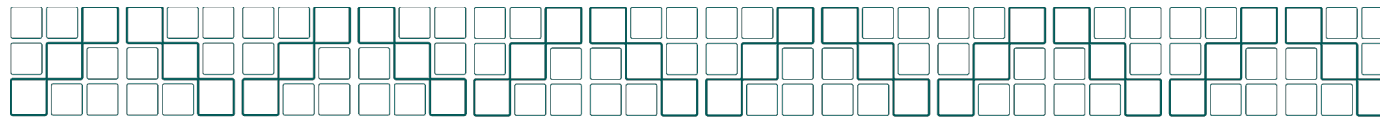
# The SIP and Postbac Application

- Consists of:
  - Your contact information
  - A cover letter
  - Your résumé
  - Letters of recommendation
  - A list of your courses and grades



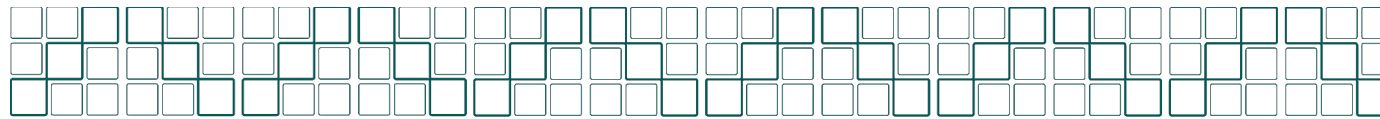
# Tips On Applying

- Read the website **carefully**
- Read the FAQs
- Attend our up-coming webinars
- Reach out with questions – BUT only after you do all of these other things



# Finding Quality Mentorship

- “One size does not fit all” in research training
- Science first, but focus should be much broader
- Focus on the research and training environment
  - types of collaborations available, level of independence, management style, availability for support and guidance, training resources within the group, encouragement for training outside of the group, etc.
  - outcomes for previous fellows
  - talk with current and previous members
- Carefully read information on finding mentors and watch the video at <https://www.training.nih.gov/mentoring/>

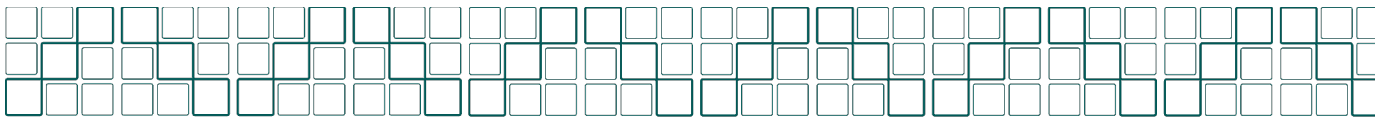


# Tips for Success – At NIH and Beyond

- Think about core competencies
- Get over any barriers you have to using resources
- Find supportive communities and cultivate mentoring relationships
- Tend to your stress management, well-being, and resilience
- Cultivate self-awareness and want to change

TO DO WELL – WE HAVE TO BE WELL





# Join Us

## **Webinar and Q&A: Applying to the NIH Summer Internship Program (SIP)**

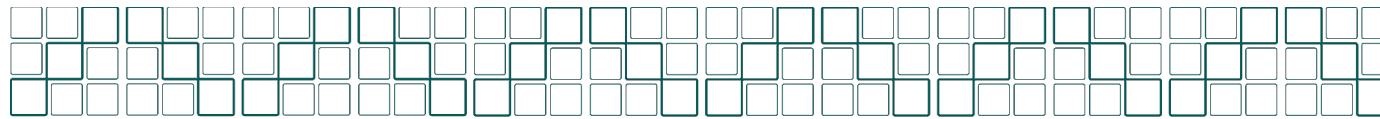
Speaker: Lori Conlan, OITE

Jan 04, 2024 ▪ 3pm - 4pm ▪ Virtual

## **Webinar and Q&A: Applying to the NIH Undergraduate Scholarship Program (UGSP)**

Speaker: Moraima Matus-Nicodemos, OITE

Jan 09, 2024 ▪ 2pm - 3pm ▪ Virtual



# The NIH Cares About You!

- [www.nih.gov](http://www.nih.gov) for health information for you, your family and your community
- [www.training.nih.gov](http://www.training.nih.gov) for NIH training opportunities and career development resources
- <https://www.youtube.com/c/NIHOITE> for webinars and the entire resilient scientist series