**NIH Fall 2021 – Understanding NRSA Fellowships “F” and Training “T” Grants (44 min)**

**Topics Covered**

* NRSA Individual Fellowships “F”
* NRSA Institutional Training Grants “T”
* How to Find These Opportunities
* Review Criteria
* Post Award Issues for “F” and “T” Grants

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| **Content** | **Time Stamp** |
| What Are These and Why Apply? | 2:45 |
| Which Center or Institute to Apply To | 3:06 |
| Research Training and Career Development Pipeline | 3:49 |
| Fellowship Awards | 6:25 |
| Institutional Training Grants | 19:04 |
| Post Award Issues for “F” and “T”  | 31:09 |
| Questions and Answers | 36:54 |