**NIH – Understanding K Career Development “K” Awards: video content timetable (43 min)**

**Broad Topics Covered**

Purpose and types of K awards

Mentored Career Development Awards

Non-Mentored (Independent) Career Development Awards

Institutional K Programs

How to Apply

Scientific Review

Steps after Receiving Fundable Score

Post Award Processes

NIH Resources

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| **Content** | **Time Stamp** |
| Purpose |  |
| Types of K awards | 3:57 |
| K programs in various institutes | 5:28 |
| Funding Announcements for K awards | 6:08 |
| Mentored Career Development Awards - details | 9:18 |
| K99/ R01 | 10:24 |
| Non-Mentored (Independent) Career Development Awards | 13:31 |
| Institutional K Programs | 14:32 |
| How to Apply | 15:58 |
| Scientific Review | 19:04 |
| Steps after Receiving Fundable Score | 23:32 |
| Post Award Processes | 25:15 |
| Temporary Effort Adjustments | 29:22 |
| Minimum Effort | 30:12 |
| Transition from K99 to R00 | 32:10 |
| Award Closeout | 34:37 |
| NIH Resources | 35:57 |
| Comments on contacting program officers | 39:41 |