



SHIFT Program

Frequently Asked/Answered Questions

Who is the SHIFT Program for?

The SHIFT Program is an NIGMS-sponsored program designed for PhD Students looking for assistance in identifying career options and creating focused career plans, increasing their awareness of the job market, and developing transferable skills needed to transition into a variety of meaningful careers.

Who is eligible to participate in the SHIFT Program?

Ph.D. students with concentrations in Biomedical Sciences or similar programs in the United States.

What are the application requirements?

A completed application includes answering the survey questions and submitting a personal statement and curriculum vitae or resume, as well as submission of a recommendation form from your PhD director or PI mentor.

Can International students apply?

Yes, international students who are studying in programs in the United States are allowed to apply and participate within compliance of their visa.

What are the benefits of the SHIFT Program?

Benefits include increased confidence and self-awareness, acquisition of research business skills (project management, marketing, budgeting), sustained peer network, and better understanding of skills needed for your career success.

What is the time commitment for the SHIFT Program?

The SHIFT program consists of 4 modules: I) self-awareness assessments (~1 hr/month over 3 months from March to May), II) a 5-day short course (June 9-13, 2025), III) monthly peer-mentoring group meetings (~1 hr/month in July-Nov), and IV) presentation of a detailed Individual Development Plan in November. Therefore, students should plan to invest approximately 1-2/hr per month from March-November in addition to the 5-day short course in June.

Is the 5-day short course mandatory?

Yes, participation in all components of the SHIFT program is mandatory, including the all-expense paid (airfare, food, and lodging) trip to Washington D.C. for the aid 5-day, in-person short course.

When will students be notified of their selection?

Students will be notified of the status of their application by February 28, 2025.
