

CAIRIBU TRAINEE NEWSLETTER

ISSUE No. 1 || 7.1.25

UPCOMING EVENTS

CALL FOR ABSTRACTS FOR THE 2025 CAIRIBU ANNUAL MEETING

The 2025 CAIRIBU Annual Meeting is on **Dec. 3-5, in Madison WI**. See below for more information and abstract submission guidelines.

[2025 Meeting Information](#)



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ADVICE COLUMNS

In each issue of the CAIRIBU Trainee Newsletter, trainees have the opportunity to submit questions to be answered by CAIRIBU investigators from across the network. Along with expert advice, each issue also includes an overview of various NIH funding programs to help guide trainees through the research funding landscape.

This issue features insights from Postdoctoral Fellow Hannah Ruetten, DVM, PhD; Principal Investigator Chad Vezina, PhD; and Team Science expert Whitney Sweeney, PhD. It also includes an overview of F-Series awards, written by Kris Penniston, PhD.

ASK US

Advice and answers to trainee submitted questions from CAIRIBU investigators

ASK A PI - Feat. Chad Vezina, PhD

Question: Does a PI ever have to leave academia due to gaps in funding or success in grants? How can this be avoided?

Answer: PIs with stable “hard money” positions have more job security than those on “soft money” relying on grants. To reduce risk of funding gaps, PIs may use non-federal funds, bridge funding, endowed chairs, diversify grants, and stagger awards—helping sustain research careers despite funding challenges. Read more in the full article.

[Full Article](#)

FEAT.

Chad Vezina, PhD
Hannah Ruetten DVM, PhD
Whitney Sweeney, PhD



ASK A POSTDOC - Feat. Hannah Ruetten DVM, PhD

Question: How do you manage work-life balance, especially with the uncertainty of postdoc life?

Answer: Navigating the postdoc stage means balancing lab responsibilities with building independence. Success depends on mentor support, setting boundaries, and focusing on the right projects. A strong lab team, clear priorities, and protected time off help maintain work-life balance. Read more indepth about Hannah's experiences and advice in the full article.

[Full Article](#)

COLLABORATION - Feat. Whitney Sweeney, PhD

Question: How can trainees participate & contribute effectively to a team?

Answer: Trainees play a vital role in successful research collaborations—even if they're not the PI. Learn more about five practical strategies—clear communication, building trust, staying organized, embracing feedback, and engaging in team-building—trainees can use to strengthen research teams and make the most of collaborative experiences in the full article.

[Full Article](#)

F-SERIES

NIH National Research Service Award program - an overview of F-series awards

WRITTEN BY

Kristina Penniston, PhD



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The NIH F-series fellowships are part of the National Research Service Award program and are designed to support research training and career development at various stages, from predoctoral to postdoctoral levels. These grants provide funding for stipends, tuition, and institutional research costs, and require applicants to work closely with a mentor and their institution.

Current opportunities include the F30 (for dual-degree students), F31 (for dissertation-stage PhD students), F32 (for postdocs), F99 (for predoctoral to postdoc transition), and the FM1 award (for post-baccalaureate candidates pursuing both clinical and research doctoral degrees through the NIH Intramural Research Program).

Many CAIRIBU investigators have successfully secured F-series funding, and trainees are encouraged to explore these valuable opportunities. The full article provides an overview of each award type, guidance on eligibility, important deadlines, and tips for preparing a strong application in collaboration with your mentor. Read more in the full article.

[Read the Full Article](#)



Advancing
Research &
Health for All

CAIRIBU trainees and early-stage investigators will not want to miss the article by **Chris Mullins, PhD**, Project Scientist for the NIDDK Urology Centers Programs, including the CAIRIBU initiative. Dr. Mullins walks through the history of the NIDDK and describes some of its research accomplishments over the past couple of decades. He highlights the NIDDK's commitment to career development and provides links to a message from NIDDK Director, Griffin Rodgers, MD, MACP and to the NIDDK home page, on which you may find "NIDDK Strategic Plans and Reports."

Trainees should particularly read the "[NIDDK Strategic Plan for Research](#)," updated April 2025, to understand NIDDK's research priorities and scientific goals for the future.

[Read the Full Article](#)

TRAINEE-FOCUSED FUNDING

This award allows outstanding medical students to pursue urology research with a research fellowship.

Medical Student Fellowships

Open to all AUA residents in their research year, fellows, and first year post-graduates

Holtgrewe Legislative Fellowship

Open to urology residents who conduct mentored research.

LEAD Program

This award provides urology residents with research training.

Residency Research Awards

This award supports a three-year research program within urology

Open to all AUA residents in their research year, fellows, and first year post-

residency

graduates

**Physician Scientist Residency
Training Award**

**Science and Quality Fellow
Program**

JOB OPENINGS FOR PRE/POST-DOCS

University of Virginia – IGNITE KUH

The Integrated Virginia Research Training Centers in Kidney, Urology, and Hematology (IGNITE KUH) is designed to address the increase in disease burden in kidney, urology, and hematology, where there is a shortage of the workforce to advance scientific discoveries and technology.

Pre-Doctoral Application Deadline: March/April, 2026

Post-Doctoral Application Deadline: Open, accepted on a rolling basis

CAIRIBU UCSF Urologic Epidemiology K12 KUroEpi Program

The UroEpi K12 program seeks to recruit and support junior faculty researchers from diverse disciplines who are committed to advancing understanding of the incidence, progression, risk factors, impact, and/or prevention and treatment of non-malignant urologic conditions.

Application Deadline: Positions will be considered on a rolling basis

UPCOMING TRAINEE FOCUSED EVENTS

Graduate Student Seminar

July 16, 2025
2:00 pm - 3:00 pm EDT

More Information

Summer Student Research Jamboree

July 28, 2025
1:00 pm - 3:00 pm EDT

More Information

ARCTICS Community Forum

September 10, 2025
1:00 pm - 2:00 pm EDT

More Information

WANT TO ASK A QUESTION?

We want to hear from you! Use the short survey below to submit your question for a future issue of the CAIRIBU Trainee Newsletter. You'll also have the chance to share your thoughts on how we're doing and what you'd like to see in upcoming editions.

**Trainee Newsletter
Survey**

ABOUT CAIRIBU

Collaborating for the Advancement of Interdisciplinary Research in Benign Urology

CAIRIBU is a community of NIDDK-funded U54 and P20 Urology Centers and K12 Institutional Career Development Programs whose overarching objectives are to address gaps in knowledge related to epidemiology, etiology, development, progression, and expression of non-malignant urologic conditions and to train the next generation of leaders in urology research. The CAIRIBU Interactions Core is the central coordinating body for the CAIRIBU Community.



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