

FEBRUARY 2021		
<i>Official Kick-Off</i>		
Date and Time	Presentation Title	CME hours
<b>On-Demand Webinars (0.5 hours)</b>	The NIH Review Process	0.5
<b>Live Virtual Meeting #1 (2 hours)</b>	Opening Remarks	Not applicable
	Welcome and Getting the Most Out of the YIRF	Not applicable
	KEYNOTE PRESENTATION: Navigating the (bumpy) Path to Early Career Awards	0.5
	Specific Aims Do's and Don'ts	0.5
	Refining Your NIH Biosketch	0.5
	Debrief and Q&A	Not applicable

MARCH 2021		
<i>Grant Proposal Blitz: Specific Aims Presentations and Personal Statements</i>		
Date and Time	Presentation	CME hours
<b>Live Virtual Meeting #2 (2.5 hours)</b>	Welcome and Overview of Grant Proposal Blitz	2.25
	Small Group Session (Groups 1-4)	
<i>Mock Grant Review Session: Study Sections</i>		
Date and Time	Presentation	CME hours
<b>Live Virtual Meeting #3 (2.5 hours)</b>	Welcome and Overview of Mock Grant Review Session	2.25
	Study Sections (1-4)	

APRIL 2021		
<i>Introduction to Sleep Research Funding Sources</i>		
Date and Time	Presentation	CME hours
<b>On-Demand Webinars (3.5 hours)</b>	Update on NIH Policies	0.5
	Sleep Funding Mechanisms at the NIH	0.5

	NIH Grant Competition	0.5
	US Department of Veteran Affairs	0.5
	Agency for Healthcare Research and Quality	0.5
	National Science Foundation	0.5
	Foundations and Other Funding Sources to Support your Research	0.5
	How AASM Foundation Funding Can Jumpstart and Sustain Your Research Career	Not applicable
<b>Meet &amp; Greet with Federal Funding Agency Representatives</b>		
Date and Time	Presentation	CME hours
<b>Live Virtual Meeting #4 (3 hours)</b>	Overview of Federal Funding Agency Day	Not applicable
	Who's Who at Federal Funding Agencies?	Not applicable
	<b>15-minute Break</b>	
	Small Group Session I	Not applicable
	Small Group Session II	Not applicable

MAY 2021		
<i>Writing and Submitting a Scientific Paper</i>		
Date and Time	Presentation Title	CME hours
<b>Live Virtual Meeting #5 (2 hours)</b>	Editor Panel: Wise Advice from Sleep Research Journal Editors	Not applicable
<i>Aspects of Being a Good Scientist</i>		
Date and Time	Presentation Title	CME hours
<b>Live Virtual Meeting #6 (2 hours)</b>	Welcome and Intro topic of 'Aspects of Being a Good Scientist'	Not applicable
	Getting the Most Out of the Mentor/Mentee Relationships	0.5
	Diversity and Inclusion in Sleep Research	0.5
	How to Give a Great Talk	0.5
	Debrief Q&A	Not applicable

JUNE 2021		
Networking		
Date and Time	Activity	CME hours
Hybrid SLEEP 2021 @ Seattle, WA June 12-16 (1 hour)	Young Investigators Research Forum 2021 Networking Mixer	Not applicable

JULY 2021		
Data Blitz and Academia Q&A		
Date and Time	Presentation	CME hours
On-Demand Webinars (0.5 hours)	Sample Elevator Pitches: YIRF Faculty	Not applicable
Live Virtual Meeting #7 (2.5 hours)	Overview of Elevator Pitches	Not applicable
	Elevator Pitches	Not applicable
	Academic Career Q&A	Not applicable

AUGUST 2021		
<i>The Academic Environment</i>		
Date and Time	Presentation Title	CME hours
Live Virtual Meeting #8 (2 hours)	Welcome and Intro Topic of 'The Academic Environment'	Not applicable
	Negotiating for an Academic Position	0.5
	Importance of How and When to Say No	0.5
	Thriving in Academia	0.5
	Certificate Ceremony and Closing Remarks	Not applicable

\*Date and time for all live Young Investigators Research Forum virtual meetings will be finalized in February 2021.