STEP-UP Application How to Apply

https://stepup.niddk.nih.gov/register

Revised November 2022

How to Apply

Connect to NIH/NIDDK webpage through pacificstepup.org

ABOUT

LOCATIONS ~

HOW TO APPLY

MEDIA ~

***PACIFIC STEP-UP**





- SHORT-TERM RESEARCH EXPERIENCE FOR UNDERREPRESENTED PERSONS -

STEP-UP is a NIH/NIDDK funded program that provides hands-on biomedical and behavioral research opportunities to eager high school juniors and seniors from underrepresented and/or disadvantaged backgrounds. Pacific STEP-UP is a component of the program designed specifically to address some of the unique challenges faced by students living in the Pacific Basin who are curious about and interested in careers involving science and research.

Share This

How to Apply

Click on the green button to apply



First, create an account to log in



Enter your email, language preference and read Rules of Use

🚟 An official website of the United States government Here's how you know 🗸	
CLOGIN.GOV NIH	
Create your account Enter your email address	
Select your email language preference Login.gov allows you to receive your email communication in English, Spanish or French. English (default) Español	
Français I read and accept the Login.gov Rules of Use [2]	
Submit	
Cancel	

How to Apply: Confirm Account

OLOGIN.GOV NIH

Check your email

An official website of

We sent an email to confirm your email address. Follow the link to continue creating your account.

Didn't receive an email? Reserved

Or, use a different email address

You can close this window if you're done.

ULOGIN.GOV

Confirm your email

Thanks for submitting your email address. Please click the link below or copy and paste the entire link into your browser. This link will expire in 24 hours.

Confirm email address

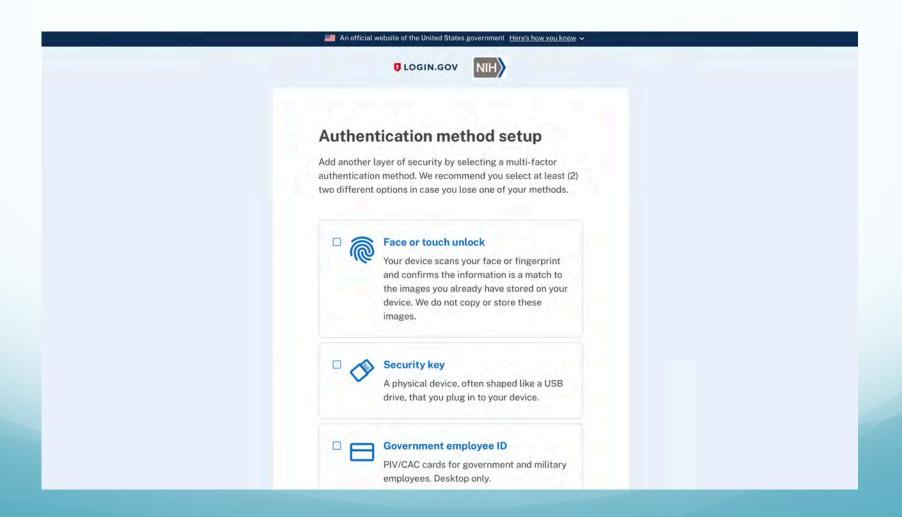
https://secure.login.gov/sign_up/email/confirm?_request_id= 01832c79-a0ad-4b52-aaab-5cdacd837cba&confirmation_ token=kaTZ_mHhRHcu5P21eAwD

Please do not reply to this message. If you need help, visit www.login.gov/help

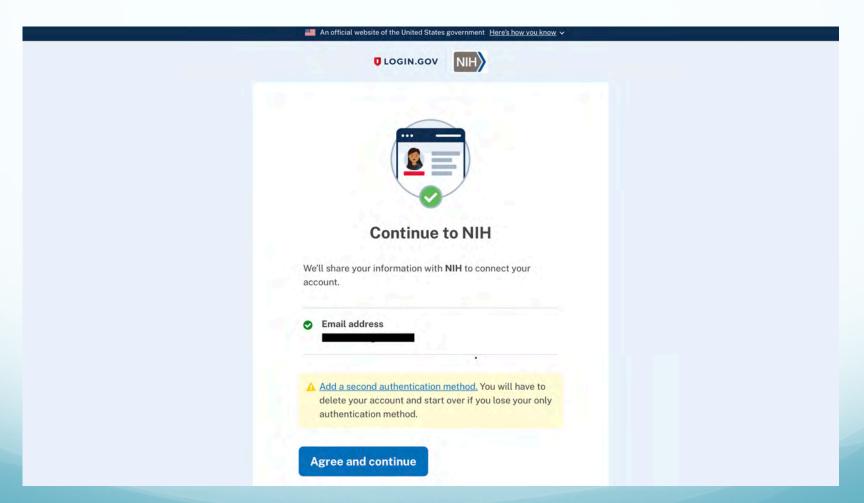
Create a password

An official website of the United States government Here's how you know 🗸
LOGIN.GOV NIH
You have confirmed your email address
Create a strong password It must be at least 12 characters long and not be a commonly used password. That's it!
Password
Password strength:
Continue
Password safety tips

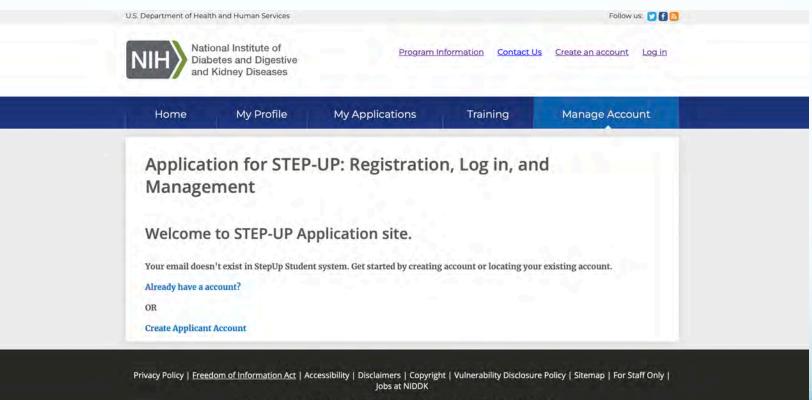
Pick an Authentication method



Agree and continue



Register through the student portal



U.S. Department of Health and Human Services | National Institutes of Health | USA.gov

STEP-UP Program

Create an account

Salutation	Select Salutation \$		
First Name			
Middle Name			
Last Name			
Email Address			
Confirm Email			
Password	Password must be at least eight (8) character and must contain an uppercase letter, a numeric character and a special character (1 # \$ % = + < >		
Confirm password			
ecurity Questions —			
	Select Question		
Security Question 1	Select Question	•	
Security Question 1 Your Answer	Select Question Select Question	8	
Security Question 1 Your Answer Security Question 2			
ecurity Questions — Security Question 1 Your Answer Security Question 2 Your Answer Security Question 3			

U.S. Department of Health and Human Services	Follow us: 💟 🛐 🔊
National Institute of Diabetes and Digestive and Kidney Diseases	Program Information Contact Us Welcome, Ms. Jane Doe Log off
Application for STEP-U Management	IP: Registration, Log in, and
Thank you! You have successfully created your account. You	ou may log in now to proceed with Profile submission.
To continue Log into your account	

Privacy Policy | Freedom of Information Act | Accessibility | Disclaimers | Copyright | Vulnerability Disclosure Policy | Sitemap | For Staff Only | Jobs at NIDDK

U.S. Department of Health and Human Services | National Institutes of Health | USA.gov

How to Apply: Confirm Account

Home	My Profile	My Applications	Training	Manage Account	
Applicat Manage		-UP: Registratio	n, Log in, ar	nd	

COVID-19 is an emerging, rapidly evolving situation. Get the latest public health information from CDC: www.coronavirus.gov ♂

In order to submit an Application you have to complete and submit your Profile first.

Create Profile

STEP-UP Eligibility Requirements

Please read the eligibility requirements carefully, as they may differ from other NIH funded programs.

Applicants must:

- Be a U.S. Citizen, non-citizen national, or legal permanent resident
- Be 16 years of age or older and either be enrolled in high school or an accredited U.S. college or university, or plan to be enrolled in the fall
- If a high school student, be in their junior or senior year of high school, during the application period
- If an undergraduate student, be currently enrolled as a full-time student at a U.S. accredited 2-year or 4-year college or university
- Undergraduates who will have graduated prior to the start of research in the summer of 2020 (i.e. May 2020) are not eligible
- Have a minimum overall GPA of 3.0 or better (on a 4.0 scale), although exceptions may be granted

How to Apply: Contact Information

 Home	My Profile	My Applications	Manage Account	
STEP-UP Pro	ogram			
	iteria STEP-UP Informa	ation		
Contact Inform				
The information reques admission process. Plea	ted in this section is used se make sure all informati any time, please update it ss.	to establish methods for contacting you on submitted is correct, especially ema accordingly. After yon have finished er	il and phone numbers. If this	
Email	alpauxse	mail.com [Update]		
Salutation	Ms.			
First Name	Eleonor			
Middle Name				
Last Name	Flud			
Primary Phone	123456789	10		
Secondary Phone				
Address Line 1	12 Test			
Address Line 2				
City	Rockville			
State	Guam			
Zip Code	12345			
Parent/Guardi	an Contact			Tap
Salutation	Ms.			
First Name	Old	3		
Last Name	Me	yerson		
Email	olg	amey@gmail.com		
Primary Phone	240	2106740		
Secondary Phone				
	Dy	evicous Next - Save		

How to Apply: Eligibility Requirements

Contact Eligibility Criteria STEP-UP Information

Eligibility Criteria

Applicants for admission to STEP-UP must meet the following basic requirements (at the time of application):

- Undergraduate applicants must be currently enrolled as a full-time undergraduate student at a U.S. accredited z-year or 4year college or university. Previous research experience is required for all first-year students (freshmen) applying for STEP-UP. No previous experience is required for Sophiomese or juniors.
- · High school applicants must currently be in their junior or senior year of high school
- Have a minimum GPA of 3.0 or better (on a 4.0 scale)
- Have personal medical/health insurance coverage throughout the duration of the program^{a.s}(Exceptions will be made for students residing in U.S. territories and the Pacific Islands)

Applicants must also meet one or more of the following criteria:

- Come from racial and ethnic groups that have been shown by the National Science Foundation to be underrepresented in biomedical sciences on a national basis
- Come from a disadvantaged background as defined by annual family income and/or be the first generation in their families to graduate from a four-year college or university
- · Been diagnosed with a disability that substantially limits one or more major life activities

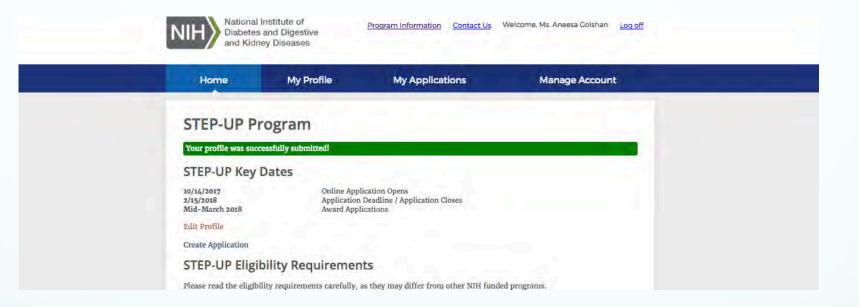
What is your anticipated/actual Hi	gh School graduation date?	04/2009	
Will you have health insurance at i	the time you participate in the program?	II Yes # No	
I attest that I am eligible for the p	rogram based on the following criteria:	 Underrepresented Racial Disabulity 	
Disadvantaged Back	ground		
Annual Total household income		Between \$16,000 and \$20,000	•
Total number living in household	including you	3 •	
Are/Will you be a first generation of	college student?	Ves No	
Have you received or qualified for	any of the following? Check all that apply:	Federal Pell Grant Other needs based grant	s and/or scholarablps
Disability Informatio	n		
Please indicate the types of disabil	lities you have been diagnosed with:	Hearing impairment Mobility/Orthopedic Impairment	 Visual Impairment Other Impairment
Demographic Inform	ation		
Date of Birth	10/13/2017		
Gender	Male		
Citizenship Status	Non-Citizen National		
Race	 African American/Black American Indian/Alaska Native 	 Native Hawaiian/Pacific Islander White 	E Asian Diber
Are you Hispanic or Latino?	W Yes # No		

How to Apply: STEP-UP Information

and Kidney Diseas	stive ses				
Home My	/ Profile	My Applications	Manage /	Account	
STEP-UP Prograi					
STEP-UP Information	n				
The information requested in thi admission process. Please make i information changes at any time please save your changes. Have you participated in the STE	sure all information sub r, please update it accord	mitted is correct, especially em	ail and phone numbers.	If this	
program before?	🔮 Yes 🔍 No	-			
Year Have you had any previous resea experience other than STEP-OP?	rch 💿 Yes 🖲 No				
How did you learn about the STE program?		elor, academic advisor affiliated with t Flyers	1	Promotional yer Mentor Other	
Website	Please Specify				
Scientific/Research Conference	Please Specify				
Other	Please Specify				

Privacy Policy | Freedom of Information Act | Accessibility | Disclaimers | Copyright | Sitemap | For Staff Only | Jobs at NIDDK U.S. Department of Health and Human Services | National Institutes of Health | USA.gov

How to Apply: Create Application



How to Apply

Academics

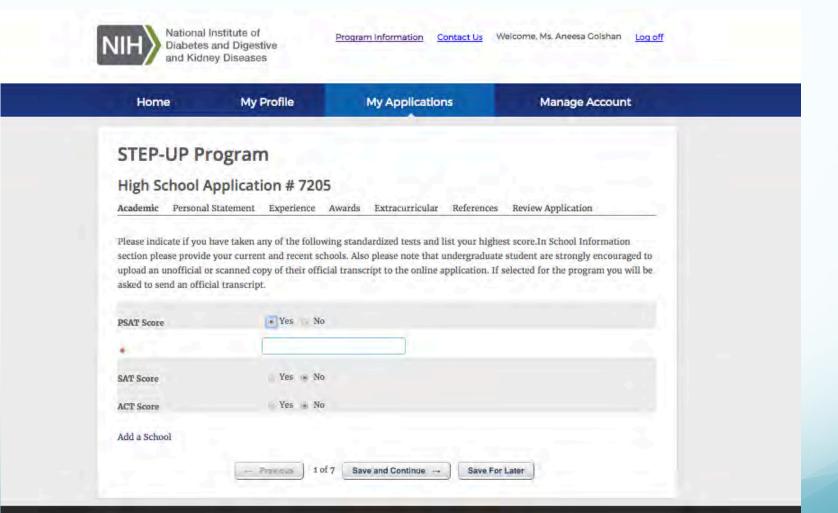
- Test scores
- Add school information
- Official transcripts are required
 - Transcripts must be uploaded online Exceptions will be made for high school students
 - Mailing address can be found at the end of the application
 - Must be received by February 15th







How to Apply: Test Scores



How to Apply: High School

Home		My Profile	My Applications	Manage Account
STEP-L	JP Prog	ram		
Add Sch	lool			
 School Na 	me			
 Address L 	ine 1			
Address L	ine 2			
• City				
State		Select St	itate \$	
 Zip Code 				
Current G	rade	Select G	Grade 🛊	
Cumulativ	ve GPA			
Grade Sca	le			
Attach tra				
Choo	se File No file c	hosen		
Transcript	must be in PDI	format and can not b	be larger than 5MB in size.	

How to Apply

- Personal Statement
 - MOST IMPORTANT PART of the application
 - Why are you interested in STEP-UP?
 - How will this program help you achieve your goals?
 - Think about research as a tool
 - Think about your short and long term goals



How to Apply : Personal Statement

STEP-UP Program

High School Application # 7205

Academic Personal Statement Experience Awards Extracurricular References Review Application

STEP-UP is intended to help students from diverse backgrounds learn about and prepare for professional research careers. The personal statement is your opportunity to explain why you want to participate in STEP-UP. Your personal statement of 5000 characters or less should describe:

- · How a research experience through STEP-UP will positively influence your career development
- Your short and/or long-term academic and career goals
- The various events or experiences that have helped shape your desire to learn more about biomedical, clinical, social or behavioral research
- If you are a returning STEP-UP student, your personal statement must indicate what new opportunities a second summer in STEP-UP would give you. If you are a SENIOR in high school or college, your personal statement must indicate what your plans are after graduation.
- If the character limit is exceeded, the system will prompt you to reduce your text. It is highly recommended that you have someone proofread your personal statement before it is submitted
- Please provide your personal statement here

Min characters, including spaces, required: 400

Max characters, including spaces: 5000

In the editor, you can press Alt+0 to open up the Accessibility Instructions dialog

5000 Characters Remaining

	í III

How to Apply: Adding Experiences



Program Information Contact Us Welcome, Ms. Aneesa Colshan Log off

	My Profile	My Applications	Manage Account
TEP-UP Program			
dd an Experience			
Start Date			
End Date		画	
Current Experience?			
Employer Organization/Name			
B I S I, 25 10 48 19			

Home	My Profile	My Applications	Manage Account
STEP-UP Progra	im		
High School Applica	ation # 7205		
Academic Personal Sta	atement Experience Awards	Extracurricular References Revis	ew Application
List any paid or voluntar	ry positions that you were involved	in during the school year or over the	summer. Describe your specific

How to Apply: Adding Awards

STEP-UP Program

High School Application # 7205

Academic Personal Statement Experience Awards Extracurricular References Review Application

List special recognitions, scholastic awards and honors, and any scholarships you have received. Include a brief description about the award to help us understand the award, scholarship, or recognition. Recognition or honor should not extend beyond the current date.

Awards

Actions	Award Month	Award Year	Award Name
Edit Delete	June	2011	asdf
dd an Award			
	← Previous 4 of 7	Save and Continue → Save Fo	r later

How to Apply: Adding Extracurricular Activities

- Sports
- Music
- School clubs
- Boy Scouts or Girl Scouts
- Other organizations
- Specify leadership position held, if applicable

How to Apply: Adding Extracurricular Activities

	hool Applicat	ion $# 720$	15			
cademic	Personal Statement	Experience	Awards	Extracurricular	References	Review Application

How to Apply

- Must add TWO references
- Acceptable references:
 - Teachers
 - Professors
 - Relevant employer
 - Past mentor (Past STEP-UP participants must have at least one letter from their most recent STEP-UP Research Mentor)
- Upon submission of information, reference should receive an email for letter of recommendation upload
 - CONFIRM with reference that they have received this email
 - CONFIRM application deadline with reference
 - Hard copies will not be accepted
- You CANNOT edit a reference once submitted
 - Must delete and re-add to make changes

How to Apply: Adding References

Home	My Profile	Му Арр	lications	Manage Account
STEP-UP P	rogram			
High School /	Application # 7	205		
Academic Persona	Statement Experien	ice Awards Extracur	rricular References	Review Application
references (e.g. teach prior research experi related to a research previously participate	ers, professors, employ ence, if applicable, are p experience), or anyone of ed in STEP-UP, one of y	ers, etc.) that can comme preferred. You should NO? else who knows you outsi	ent specifically on your T ask a neighbor, churc ide of an academic or r	P-UP application. Professional work ethic, education training, and ch minister, employer (unless research context. If you have a your most recent research mentor.
How to secure a refer	rence:			
	ation process, visit your our graduate school goal		hours, or schedule an	appointment to discuss your STEP-
 Give your reference 				

- completed in their class. What grade did you make? Was there something about that project that stands out?
- Monitor your application status to ensure that the recommendations are submitted on time.

Add a Reference



STEP-UP P	rogram		
Add a Refere	nce		
Salutation			
First Name			
Last Name			
Phone Number			
Email			
Confirm Email	-		
		ference after submitting this form.	

My Applications

Manage Account

STEP-UP Program

Home

High School Application # 7205

My Profile

Academic Personal Statement Experience Awards Extracurricular References Review Application

Your reference was successfully added!

Two letters of recommendation from different individuals are required to complete the STEP-UP application. Professional references (e.g. teachers, professors, employers, etc.) that can comment specifically on your work ethic, education training, and prior research experience, if applicable, are preferred. You should NOT ask a neighbor, church minister, employer (unless related to a research experience), or anyone else who knows you outside of an academic or research context. If you have previously participated in STEP-UP, one of your letters of recommendation must come from your most recent research mentor.

How to secure a reference:

- Early in the application process, visit your references during office hours, or schedule an appointment to discuss your STEP-UP plans and/or your graduate school goals.
- Give your references a short resume of your experiences and areas of interest. Remind them about a project or paper you
 completed in their class. What grade did you make? Was there something about that project that stands out?
- · Monitor your application status to ensure that the recommendations are submitted on time.

Référence	Phone Number	Email	Status	Actions	Date Sent
Ms. aneesa golshan	(123) 456-7890	agolshan9@gmail.com	Pending	Resend Delete	Oct 25 2017
Ms. aneesa golshan	(123) 456-7890	agolshan@hawaii.edu	Pending	Resend Delete	Oct 25 2017
	- Previous	6 of 7 Save and Continue	- Save For	Lator	

REMEMBER: REVIEW ALL PARTS OF APPLICATION

How to Apply: REVIEW and Submit

Home	My Profile		my ap)	plications	Manage Account
STEP-UP Program					
High School Application	# 7205				
		Awards	Extracurricular	References	Review Application
	Experience	Indias	Lanaconneular		
Application Status: DRAFT Academic Information PSAT Score SAT Score ACT Score School Information					
Application Status: DRAFT Academic Information PSAT Score SAT Score ACT Score School Information	Address		ade GPA	Scale	Transcript

Personal Statement

aaaadsfalsjdf;ldsjf;lasdjflksadjfjadsflkjadsl;fjsalkdjf;alsdj fdksfj (lkdfj

asl; jf dasld; kf j kasd jf l; kasd jf l;

Experiences

Start Date		End Date	Employ	yez	
Oct 10 2017		Current	asdfhjk	1	
Awards					
Award Month		Award Year	Award Name		
ine		2011	asdf		
extracurricular Activities	5				
Start Date		End Date	Act	ivity	
Oct 11 2017		Current	SOC	cer	
References					
Réference	Phone Number	Email	Status	Actions	Date Sent
	(123) 456-7890	agolshan9@gmail.com	Pending	Resend	Oct 25 2017
Ms. aneesa golshan	(12)1 410 1040	Berninger & Ge Printere on the			

GOOD LUCK!!!