Embrace Gratitude: Pay it Forward. When you feel grateful for something in your life, allow yourself to extend that feeling to others in a gesture of benevolence. Send flowers to someone you love unexpectedly, give up your seat on the bus to someone who may need it more, allow the person in line at the grocery store to go ahead of you. If you want to take this further, try volunteering. Volunteering gives us the opportunity to give something back to the community and evolve into a positive force to those around you. Express gratitude by doing an act of kindness and helping someone else. Gratitude helps us realize what we have in life.

UC Health Office of Clinical Research Education Opportunity. Join the First Friday educational opportunity on August 7th at 9:00 am. Dr. Susan M. Pinney and Jeanette Buckholz will be presenting on the Fernald Community Cohort. The Fernald Medical Monitoring Program was a voluntary ongoing medical surveillance program for community residents living in proximity to a former US Department of Energy uranium-processing site at Fernald Ohio. Click here for a link to the live presentation to learn about the history and extensive database and over 160,000 banked blood, serum, plasma, and urine biospecimens available for research studies. For more information, please contact Nate Harris.

Tips for Successful Grant Writing: Seek Pre-Submission Peer Review of your Proposal. Having your grant proposal reviewed prior to submission by an objective peer can increase your chances for funding success. As the writer you are likely to miss errors during proofreading, simply by virtue of your familiarity with the material. Request feedback from someone who is knowledgeable in the grant proposal process and understands what a grant reviewer will be looking for. Is your proposal easy to understand and engage the reader? Does the narrative flow logically from one thought to the next? Enlist the help of a co-worker who is not familiar with the proposal, or a colleague in a different field, a fresh pair of eyes to review your proposal for clarity and flow, as well as spelling, punctuation, and other mechanics, such as consistency of style choices. Then, revise to ensure you have addressed all concerns raised. To take advantage of UC’s College of Medicine Grant Pre-Review Program, complete a Grant Pre-Review Request.

University of Cincinnati’s Limited Submission Portal. Limited submissions are funding opportunities in which the sponsor restricts the number of applications from an organization. UC Office of Research keeps a portal of limited submission opportunities. If you are interested in an opportunity, click the "I'm Interested" button on the corresponding opportunity to notify the UC Office of Research of your interest. To learn more, review the Limited Submission Process.

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College of Medicine Office of Research: https://www.med.uc.edu/research/coronavirus
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