

## Succeeding with Your K Award Toolbox

The Center for Education and Career Development's (CECD) Succeeding with Your K Award (3rd Monday) Toolbox provides recommended resources discussed during the series that may assist K scholars in their career development and personal life. These tools can be used individually or in tandem with one another.

### Books

The books listed below are recommendations from K scholars. Each book provides helpful insights on bettering habits to help scholars create a healthy work-life balance.

- [Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#) by James Clear
- [Deep Work: Rules for Focused Success in a Distracted World](#) by Cal Newport
- [How to Write a Lot: A Practical Guide to Productive Academic Writing](#) by Paul J. Silva

### Courses

- [Kellogg Leadership, Management and Fiscal Strategies for Clinical Investigators](#)
- [NIH Early Career Reviewer \(ECR\) Program](#)

### Websites

- [Foundation Opportunities](#)

If you have questions, please contact [Morgan Barrowman](#), CECD Senior Project Coordinator.