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.