



ODU

OLD DOMINION UNIVERSITY

U-RISE TRAINEESHIP PROGRAM APPLICATION

**Undergraduate Research Training Initiative for Student
Enhancement (U-RISE)**

Application Deadline: Monday, March 31, 2025 at 11:59 p.m., EST

The goals of the NIH-funded Monarch U-RISE program are to increase the number of Ph.D. scientists from underrepresented groups who are engaged in biomedical research and to prepare them for research careers. More information about the U-RISE program can be found at the following URL:

<https://nigms.nih.gov/training/RISE/Pages/U-RISE-T34.aspx>

U-RISE applicants must be interested in pursuing either a Ph.D. or a Ph.D./M.D. degree in subjects in the Colleges of Engineering, Health Sciences, and Sciences, be a full-time student at ODU with a junior standing beginning fall 2025, **and** must be underrepresented in the sciences for **ONE** of the following reasons:

ς–Black/African-American, Native Hawaiian/other Pacific Islander, Hispanic/Latino, Native American/Alaskan Native

Ω–Financially disadvantaged (eligible for Pell grants or equivalent)

Ξ–Disability recognized by the ODU Office of Educational Accessibility

APPLICATION INSTRUCTIONS

1. Please read all directions carefully.
2. Complete the ODU U-RISE Application. **Please fill it out online, print; then sign the form with a pen, scan the signed document, and submit per instructions below.** Your essays must be typed with text confined to the space provided by the form. Please be concise. Please contact Prof. Holder (e-mail: aholder@odu.edu), Prof. Ranjan (e-mail: dranjan@odu.edu) with any questions or for assistance with your application.
3. Complete the ODU Admissions Application, if necessary.
4. Give the Recommendation Forms to two professors or research mentors in the Colleges of Engineering, Health Sciences, or Sciences, who can give insight to your potential to pursue either a Ph.D. or a Ph.D./M.D. degree. You must allow adequate time for each recommender to complete the form and return it to Prof. Alvin Holder. **The completed Recommendation Form should be returned by e-mail to aholder@odu.edu.**
5. Please return all application materials to the U-RISE Program Director, Prof. Alvin Holder (e-mail: aholder@odu.edu) by Monday, March 31, 2025 at 11:59 p.m., EST. Please see checklist below.

Checklist

- U-RISE Application (four pages)
- Statement of Educational Goals and Research Interests
- Recommendation Form #1 and Recommendation Form #2 (sealed envelopes with signature on flap)**
May also be emailed.
- Official Transcript(s) from all colleges attended before enrolling at ODU.** Also, please provide unofficial ODU transcripts.
- Citizenship documentation
- Resume or CV

****may be mailed to the Director: Alvin Holder, Ph.D.**

Prof. Alvin Holder
Old Dominion University
Department of Chemistry and Biochemistry
4501 Elkhorn Avenue
Norfolk
Virginia 23529

PLEASE NOTE: You will be notified by Prof. Holder as to the outcome of your application. Top applicants will be interviewed and U-RISE trainee decisions will be announced after final interviews. Successful applicants must complete and sign a Scholarship Agreement. Proof of citizenship (copy of a United States birth certificate) or permanent residency (copy of "green card") is required prior to official acceptance into the program. Official appointments are completed on the NIH website, with the assistance of the ODU U-RISE staff. You can also view the following URL: <https://nigms.nih.gov/training/RISE/Pages/U-RISE-T34.aspx>.



Please let us know how you heard about the U-RISE
Traineeship Program:

Email from faculty or advisor

E-mail from fellow student

Web page

Facebook

Flyer

Other _____

ODU U-RISE PROGRAM

TRAINEE APPLICATION

Please type or print neatly

Last Name _____ First Name _____ Middle Initial _____
 ODU Student ID Number _____ Male _____ Female _____ Other _____ Date of Birth _____
 Campus Address _____
 Campus Phone # _____ Cell Phone # _____
 Permanent Address _____
 Permanent Phone Number _____ E-mail _____

Year of Graduation	Name and Full Address of High School	Country	

ODU Graduation Date _____ / _____ mm/yy SAT/ACT Scores: Highest Verbal _____ Highest Math _____

List all SAT/ACT exam dates _____

List all colleges and universities attended:

College/University	Major	Cum GPA	GPA in Major

Are you currently enrolled at ODU? Yes No

If No, have you submitted an ODU Admission application? Yes No

Do you have ODU campus housing secured for Fall 2025? Yes No

Are you eligible for a Pell Grant? Yes No

Are you the first member of your family to attend college? Yes No

Do you have a disability? Yes No

If yes, give a brief description (e.g., vision, hearing, etc.)

Answer:

Racial Background: (check one or more)

American Indian or Alaskan Native	Black or African American
Native Hawaiian or other Pacific Islander	White
Asian	Asian/Indian
Other: _____	

Are you Hispanic (or Latino)? Yes No

Citizenship Information

- a. Are you a citizen of the United States of America? Yes No
(A photographic copy of your birth certificate or passport with a state-issued photo identification card is required with this application.)
- b. If you are not a U.S. Citizen, are you a Permanent Resident with a Permanent Residency card?
 Yes No **Photographic copies of both sides of your card are required.**
- c. I believe that I am a U.S. Citizen or Permanent Resident of the United States, but I cannot provide the required documentation. Yes No
 This situation (c) will require additional investigation. You must provide a written explanation of your U.S. Citizenship Status and permission from you, the student, and your guardian, if applicable, and any legal counsel for ODU to look into your status. Please note that there are a limited number of appointments available to the U-RISE Program at ODU and any delay in proving your citizenship status may negatively impact your acceptance into the U-RISE at ODU. Therefore, ODU and its staff take no responsibility for the loss of any student's potential program support because of related delays.

Please list the name, address, and telephone number (other than the address listed above) of a relative, or other person who can be used as a secondary contact for you:

Do you have outstanding federal student loans? Yes No If yes, please explain:

Have you ever received NIH funding? Yes No

If yes, name program and dates of participation (U-RISE, MIRT, etc.).

Do you plan to pursue either a Ph.D. or a Ph.D./M.D. degree after earning a B.S./B.A. degree? Yes No

Do you plan to pursue a career in subjects in the Colleges of Engineering, Health Sciences, or Sciences after earning either a Ph.D. or a Ph.D./M.D. degree? Yes No

PLEASE ANSWER THE ESSAY QUESTIONS IN THE SPACE PROVIDED

1. Why do you believe that a biomedical career in your major in the Colleges of Engineering, Health Sciences, or Sciences is right for you? Please complete up to 98% of the allotted space here and for # 2 below.

2. How will the ODU U-RISE Program assist in your development as a future research scientist?

STATEMENT OF EDUCATIONAL GOALS AND RESEARCH INTERESTS

Date _____ ODU Student ID Number _____

Last Name _____ First Name _____ Middle Initial _____

PLEASE TYPE YOUR ESSAY

Please write a brief statement: (1) describing your educational goals and (2) reasons and motivation for pursuing these goals. **Please complete up to 98% of the allotted space below.**

The information provided here is accurate to the best of my knowledge.

Signature of the applicant:

Date:

LETTERS OF RECOMMENDATION

(Please note: Two letters of recommendation are required)

To be completed by a professor or research mentor from the Colleges of Engineering, Health Sciences, or Sciences, who can give insight to the potential success of the applicant in pursuit of either a Ph.D. or a Ph.D./M.D. degree, or a biomedical Ph.D. degree-seeking research career.

Please e-mail your recommendation to Prof. Alvin Holder, Director, U-RISE Program at e-mail: aholder@odu.edu.

Applicant's Name: _____

1. How do you know the applicant?

2. Please describe the characteristics which make this student an outstanding candidate for ODU's U-RISE Program - a program dedicated to the preparation of underrepresented undergraduates for Ph.D. programs and research careers in the Biomedical Sciences. **(Please attach the evaluation on your stationery.)**

For more information about the U-RISE traineeship program, please see:
<https://nigms.nih.gov/training/RISE/Pages/U-RISE-T34.aspx>

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Your Name: _____ Title: _____
 Department: _____ Institution: _____
 Address: _____
 Signature: _____ Telephone Number: _____

THANK YOU FOR YOUR SUPPORT OF THE U-RISE PROGRAM AT ODU.

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