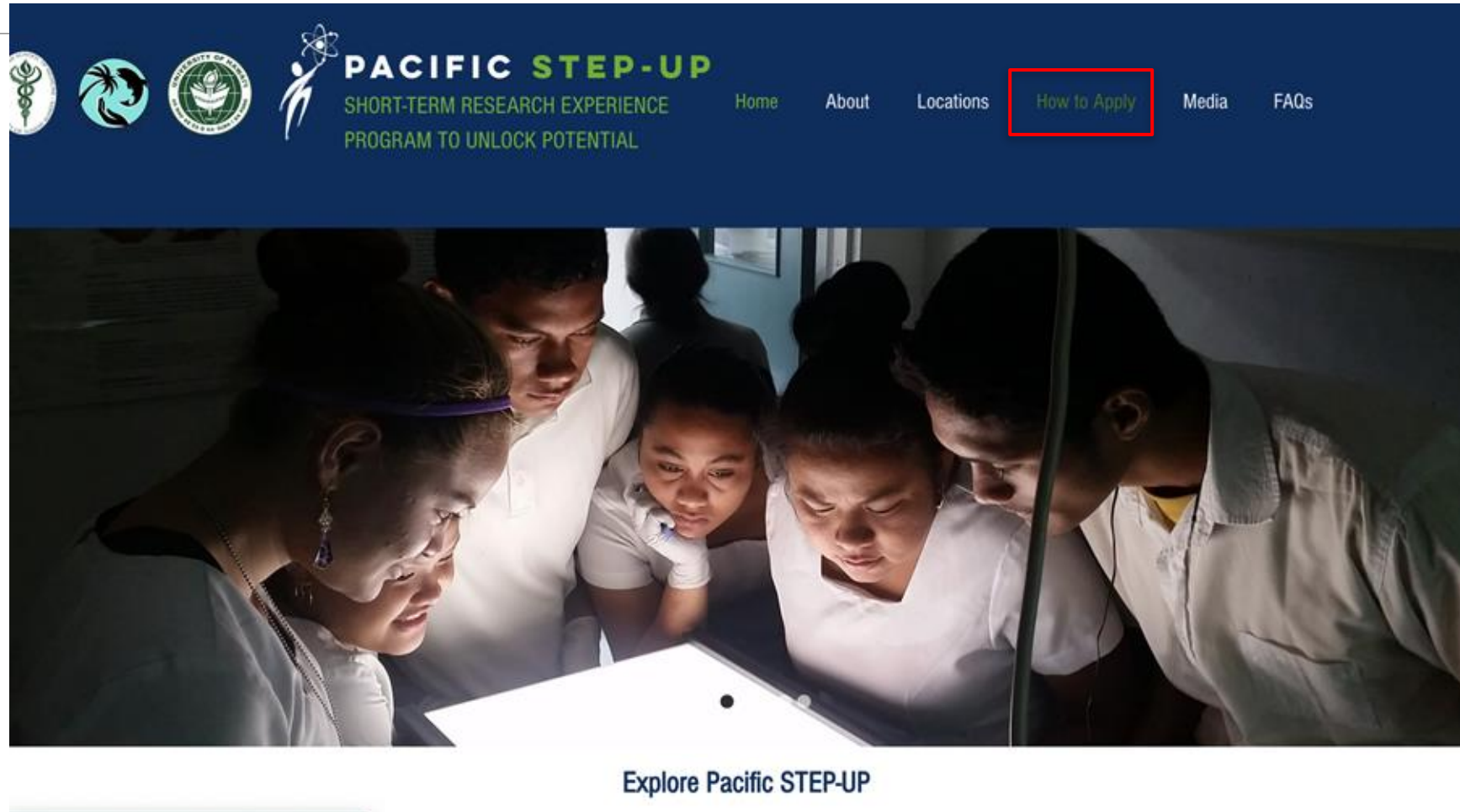




SUPPORTED BY THE NATIONAL INSTITUTE OF
DIABETES AND DIGESTIVE AND KIDNEY DISEASES
(NIDDK), NATIONAL INSTITUTES OF HEALTH (NIH)

How to Apply

Visit **pacificstepup.org**



How to Apply



PACIFIC STEP-UP
SHORT-TERM RESEARCH EXPERIENCE
PROGRAM TO UNLOCK POTENTIAL

[Home](#)[About](#)[Locations](#)[How to Apply](#)[Media](#)[FAQs](#)

HOW TO APPLY

Applications for Pacific STEP-UP (Hawaii, American Samoa, the Republic of the Marshall Islands, the Federated States of Micronesia, the Commonwealth of the Northern Mariana Islands, Guam and Palau) will open October 15th, 2025. The deadline for applications is February 15th, 2026.

To apply, click the following application link or scan the QR code and fill out the application:

[Application Link](#)



Alternatively, a paper application can be filled out and submitted to hawaii.stepup@gmail.com:

[Paper Application PDF](#)

KEY DATES

Application Portal Opens
October 15

Application Deadline
February 15

Notification of Award
Mid-March

For more information, please contact us at: hawaii.stepup@gmail.com

How to Apply: Key steps

- Student and Parent/Guardian Information
- Academics: school transcripts Employment, Extracurricular activities, Honors and Awards
- Letters of recommendation
- Personal statement

How to Apply – Follow Link

STEP-UP High School Program Application

To proceed to the survey, please check off the box and click the button below.

☐ I'm not a robot

reCAPTCHA
Privacy - Terms

Begin survey

Powered by REDCap - Cookie policy

STEP-UP High School Program Application

To proceed to the survey, please check off the box and click the button below.

☒ I'm not a robot

reCAPTCHA
Privacy - Terms

Begin survey

Powered by REDCap - Cookie policy

Survey Homepage – Read Instructions!

STEP-UP High School Program Application

AAA



Instructions: Please complete the application, check items where needed. To save progress and finish the application at a later date, please use "*Save & Return Later*" at the bottom of the page. If you click "*Save & Return later*," a link will be emailed to you to continue your application for later time.

If you have any questions about completing the application, please contact us at hawaii.stepup@gmail.com To learn more about the program please visit: <https://stepup.jabsom.hawaii.edu> or www.pacificstepup.org

Due February 15, 2026

Save Progress! Scroll to bottom of Survey and select “Save & Return Later”

ATTESTATION

I attest that I did not use Artificial Intelligence-related software (e.g. ChatGPT) to compose or edit my Personal Statement.

I also attest that I have permission from my parents or legal guardian to submit my STEP-UP application

* must provide value

Submit

Save & Return Later

Save Progress! Scroll to bottom of Survey and select “Save & Return Later”

ATTESTATION

I attest that I did not use Artificial Intelligence-related software (e.g. ChatGPT) to compose or edit my Personal Statement.

I also attest that I have permission from my parents or legal guardian to submit my STEP-UP application

* must provide value

Submit

Save & Return Later

Your survey responses were saved!

You have chosen to stop the survey for now and return at a later time to complete it. To return to this survey, you will need the survey link to this survey.

Survey link for returning

You may bookmark this page to return to the survey, OR you can have the survey link emailed to you by providing your email address below. If you do not receive the email soon afterward, please check your Junk Email folder.

Enter email address

Send Survey Link

* Your email address will not be stored with your survey responses but will be stored in the system's email logs.

Or if you wish, you may continue with this survey again now.

Continue Survey Now

Fill in required fields – Student Information

I. STUDENT CONTACT INFORMATION

Student's Full Name

* must provide value

First MI Last

Current High School Name:

* must provide value

Date of Birth

* must provide value

mm/dd/yyyy

Sex

* must provide value

☐ Male ☐ Female ☐ Prefer not to answer

reset

PERMANENT ADDRESS

Street:

City:

State:

Zip Code:

Territory or Country:

MAILING ADDRESS

Street

City:

State:

Zip Code:

Territory or Country

Is your mailing address the same as your permanent address?

* must provide value

☐ Yes

☐ No

reset

TELEPHONE NUMBER (include Area Code)

Home:

Cell (include area code):

EMAIL ADDRESS

Primary Email:

Secondary Email:

Fill in required fields –
Parent/Guardian
Information

II. PARENT/GUARDIAN CONTACT INFORMATION											
Parent's Full Name: * must provide value	 First MI Last										
Relationship to Student: (mother, father, aunt, etc) * must provide value											
PARENT'S PERMANENT ADDRESS <table><tr><td>Street</td><td> </td></tr><tr><td>City:</td><td> </td></tr><tr><td>State:</td><td> </td></tr><tr><td>Zip Code:</td><td> </td></tr><tr><td>Territory or Country</td><td> </td></tr></table>		Street		City:		State:		Zip Code:		Territory or Country	
Street											
City:											
State:											
Zip Code:											
Territory or Country											
PARENT'S PHONE NUMBERS (include Area Code) <table><tr><td>Home Phone:</td><td> </td></tr><tr><td>Cell Phone:</td><td> </td></tr><tr><td>Work Phone</td><td> </td></tr></table>		Home Phone:		Cell Phone:		Work Phone					
Home Phone:											
Cell Phone:											
Work Phone											
PARENT'S EMAIL ADDRESS <table><tr><td>Parent's Primary Email Address:</td><td> </td></tr><tr><td>Parent's Secondary Email Address:</td><td> </td></tr></table>		Parent's Primary Email Address:		Parent's Secondary Email Address:							
Parent's Primary Email Address:											
Parent's Secondary Email Address:											

Fill in required
fields –
Additional Student
Info & Past STEP-UP
Experience

IV. STUDENT ADDITIONAL INFORMATION

Reside in Hawaii, American Samoa, Guam, CNMI, Palau, FSM, or the Marshall Islands

* must provide value

☐ Yes
☐ No

reset

V. STEP-UP Information

Do you have previous Research Experience at the National Institutes of Health, including STEP-UP? (i.e., SIP, STEP-UP, MARC)?

* must provide value

☐ Yes
☐ No

reset

Do you have a previous research experience apart from NIH?

* must provide value

☐ Yes
☐ No

reset

Do you have any relatives that are employed at the NIH?

* must provide value

☐ Yes
☐ No

reset

How did you hear about STEP-UP?

* must provide value

Fill in required fields - Academics

- Add school information
- School transcripts (*student copy is OK*)
 - Transcripts must be uploaded online
 - Exceptions will be made for paper applications



VI. ACADEMIC INFORMATION

A current high school transcript is required from your current high school as well as any other high schools you may have attended. Please upload your transcript here, including your fall semester grades for the current academic year. An unofficial copy is acceptable.

Current high school transcript:
* must provide value
[Upload file](#)
MUST UPLOAD AS A PDF

Previous high school transcript:
[Upload file](#)
MUST UPLOAD AS A PDF

Current High School: Current grade
* must provide value
☐ Junior (11th) ☐ Senior (12th) [reset](#)

CURRENT HIGH SCHOOL ADDRESS

Address (Street/PO Box)	
City:	
State:	
Zip Code:	
Territory/Country	

You must upload documents as PDF files

VI. ACADEMIC INFORMATION

A current high school transcript is required from your current high school as well as any other high schools you may have attended. Please upload your transcript here, including your fall semester grades for the current academic year. An unofficial copy is acceptable.

IMPORTANT: You must upload all documents as a PDF.

If you do not have a PDF converter on your computer, you can use any of these PDF converters by clicking on the links below:

PDF Converter Option #1: [Adobe Converter](#)

PDF Converter Option #2: [Canva Converter](#)

- https://www.adobe.com/acrobat/online/convert-pdf.html?sdid=HQZ6X2LL&mv=search&mv2=paidsearch&ef_id=EAiaIQobChMI9JeH14u0kAMVQTStBh1NJyI8EAAYAiAAEgIyevD_BwE:G:s&s_kwid=AL!3085!3!610301815119!e!!g!!free%20pdf%20converter!12980393496!122641006700&cmpn=mobile-search&gad_source=1&gad_campaignid=12980393496
- <https://www.canva.com/features/pdf-converter/>

Fill in required fields - Academics

Please select the years you attended at your previous high school:
(select all that apply)

- ☐ Freshman (9th)
- ☐ Sophomore (10th)
- ☐ Junior (11th)
- ☐ Senior (12th)
- ☐ Not Applicable

PREVIOUS HIGH SCHOOL ADDRESS

Address (Street/PO Box)

City:

State:

Zip Code:

Territory or Country

Cumulative GPA (on a 4.0 scale)

* must provide value

Fill in optional fields –
Employment/
Volunteer Information

VII. EMPLOYMENT AND/OR VOLUNTEER INFORMATION (OPTIONAL)		
Please include <i>employment or volunteer work</i> and any prior research experiences in the section below. Attach a separate sheet if more space is needed.		
From: 	To: 	Employer:
Employment or Volunteer work Details: Expand		
From: 	To: 	Employer:
Employment or Volunteer work Details: Expand		
From: 	To: 	Employer:
If you have additional employment and/or volunteer information please upload a separate sheet here: Upload file MUST UPLOAD AS A PDF		

Fill in optional fields –
Extracurricular
Activities

VIII. EXTRACURRICULAR ACTIVITIES (OPTIONAL)		
Please include a brief description of other <i>extracurricular activities</i> that you have been involved with such as clubs, sports, memberships, student government, etc.		
From: 	To: 	Activity:
Activity Details: Expand		
From: 	To: 	Activity:
Activity Details: Expand		
From: 	To: 	Activity:
Upload any additional Extracurricular Activities here (Optional) 📎 Upload file MUST UPLOAD AS A PDF		

Fill in optional fields —
Honors/Awards

IX. HONORS AND AWARDS (OPTIONAL)	
Month/Year	Award Title and Details
	Expand
	Expand
	Expand
	Expand
	Expand

Upload any additional Honors & Awards here (Optional)
[📎 Upload file](#)
MUST UPLOAD AS A PDF

How to Apply: Reference Letters

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)

You must contact potential references yourself

- CONFIRM with reference they are willing to provide a recommendation letter
- CONFIRM **application deadline** with reference
- Upload the signed copy of the recommendation letter in the survey

You must upload the copy as a **PDF file**

Fill in required fields – Recommendation Letters

X. RECOMMENDATIONS

Please submit **TWO Letters of Recommendation** and list who they are coming from in the area below. You must receive a signed copy of the letters from your references and upload them as PDF files to complete your application.

RECOMMENDATION #1

Name (First, MI, Last):	
Street/PO Box:	
City:	
State:	
Zip Code:	
Territory/Country:	
Phone	
Email Address:	

Upload Recommendation Letter #1 here:

* must provide value

 [Upload file](#)

MUST UPLOAD AS A PDF

RECOMMENDATION #2

Name (First, MI, Last):	
Street/PO Box:	
City:	
State:	
Zip Code:	
Territory/Country:	
Phone:	
Email Address:	

Upload Recommendation Letter #2 here:

* must provide value

 [Upload file](#)

MUST UPLOAD AS A PDF

Upload signed copy of recommendation letters in **PDF format**

Fill in required fields: Personal Statement

MOST IMPORTANT PART

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

XI. PERSONAL STATEMENT

Please describe your research interests and long-term career goals, if known, and reasons for applying to the NIH/NIDDK High School STEP-UP Program. What are your expectations for your summer research training experience and what do you hope to gain by participating in this program? (600 words or less) You may attach an additional sheet of paper if more space is needed. The use of AI, such as ChatGPT, to write your personal statement is not allowed.

* must provide value

Add your text here, or write "see attached file"

600 words remaining

Expand

Additional Personal Statement Sheet:

 [Upload file](#)

MUST UPLOAD AS A PDF



Or upload PDF file of written personal statement

ATTESTATION

I attest that I did not use Artificial Intelligence-related software (e.g. ChatGPT) to compose or edit my Personal Statement.

I also attest that I have permission from my parents or legal guardian to submit my STEP-UP application

* must provide value

Submit

Save & Return Later

 [Add signature](#)

Add signature

I attest that I did not use Artificial Intelligence-related software (e.g. ChatGPT) to compose or edit my Personal Statement.

I also attest that I have permission from my parents or legal guardian to submit my STEP-UP application

* must provide value



Save signature

[reset](#)

Submit

Save & Return Later

PDF Converter Links

Use the following links to save your documents as PDF files:

- https://www.adobe.com/acrobat/online/convert-pdf.html?sdid=HQZ6X2LL&mv=search&mv2=paidsearch&ef_id=EAiaIQobChMI9JeH14u0kAMVQTStBh1NJyI8EAAYAiAAEgIyevD_BwE:G:s&s_kwid=AL!3085!3!610301815119!e!!g!!free%20pdf%20converter!12980393496!122641006700&cmpn=mobile-search&gad_source=1&gad_campaignid=12980393496
- <https://www.canva.com/features/pdf-converter/>

Adobe Acrobat PDF Converter



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Email address

Continue

Or

 Continue with Google

 Continue with Facebook

 Continue with Apple

[More sign-in options](#)

[Get help signing in](#)

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Sign in or create an account

Welcome to Adobe

Please take a moment to complete your account

 
Personal Account

Date of birth 

Month

Select... 

Year

Country/Region United States 

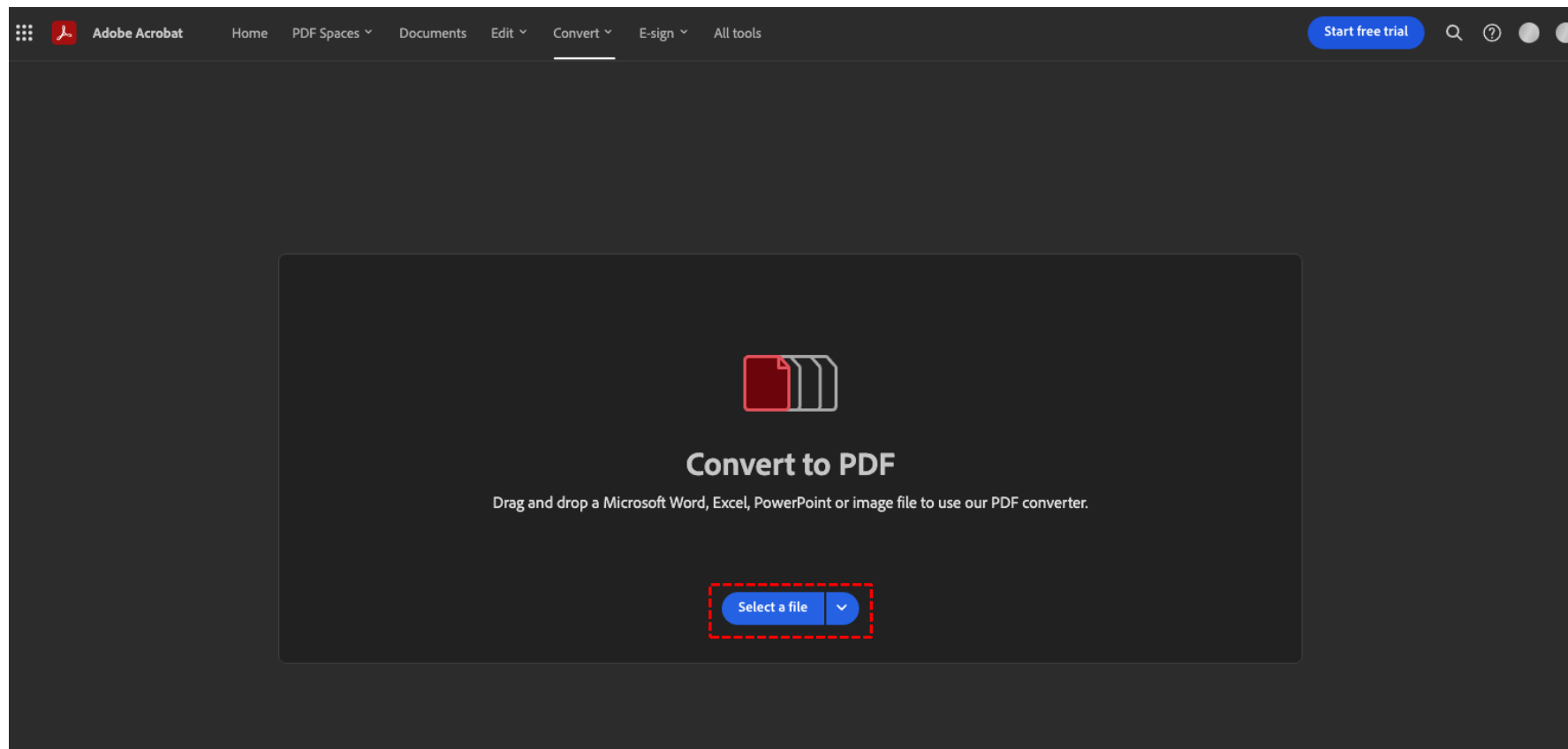
By clicking Create account, I agree that:

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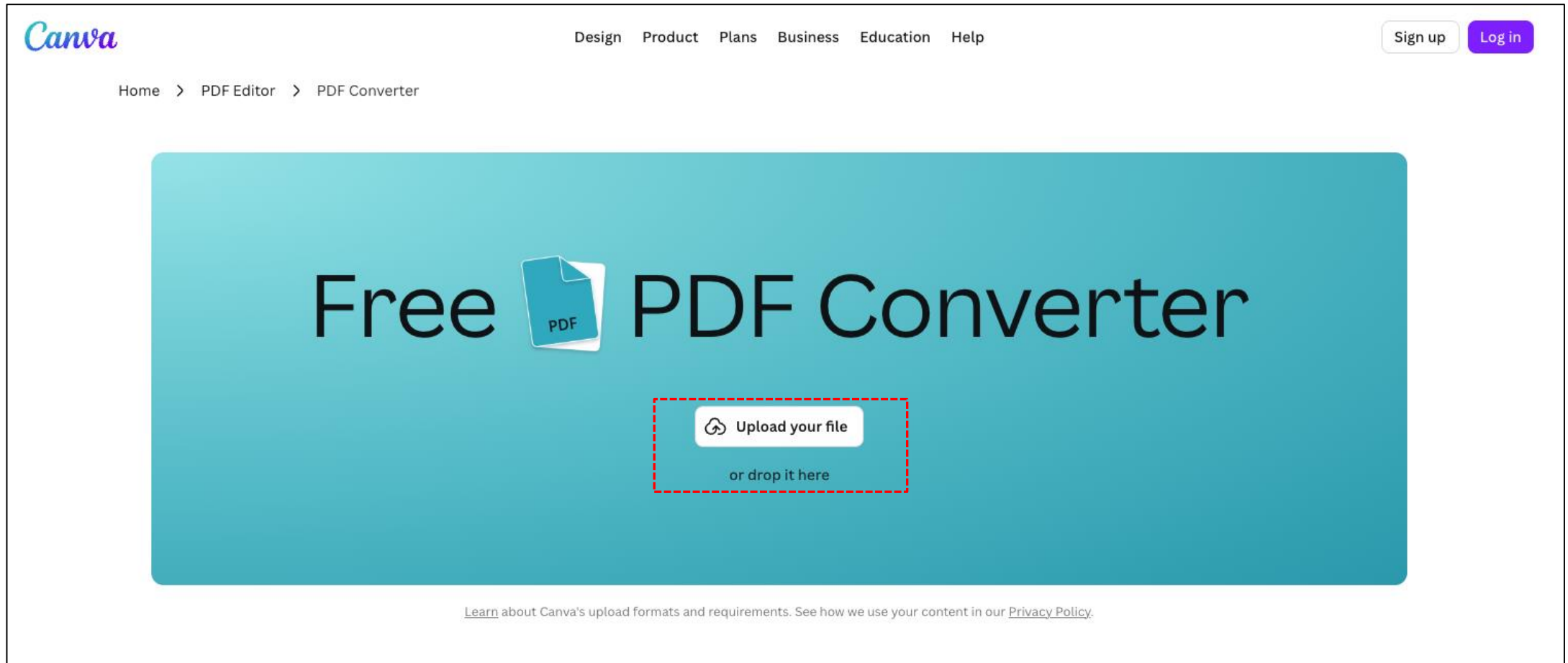
See our [Privacy Policy](#) for more details or to opt-out at any time.

Create account

Adobe Acrobat PDF Converter



Canva Converter



REVIEW ALL PARTS OF APPLICATION



Deadline: **February 15, 2026**

GOOD LUCK!!!

Questions??? Hawaii.stepup@gmail.com