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## 4. Takeaway Messages

1. Is the type of grant a good fit with your research area and worth your time?
2. What is the emerging landscape and need for this research area?
3. Can you build on your strengths and bring in expertise as needed?
4. Are there communities you can reach out as partners and collaborators?
5. Organize the proposal according to the evaluation criteria
6. Build in explicit trainee, patient partner and engagement components
7. Pay attention to budget details, especially cash/in-kind contributions
8. Reach out for constructive critical feedback and revise accordingly
9. Take advantage of HSD & UVic research support resources available
10. Every line and word count ...

