

# AAHB Research Laureate Address

The Research Career Path: Trying to be  
*Uncommon*  
(with Reflections and Cautionary Words  
about the Future of  
Health Behavior Research)

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- I. An early life biosketch and my path to a research career
- II. Robert's research reflections, ruminations, and rules of order
- III. Some challenges ahead of us – cautionary notes about the future of university-based health behavior research

## Robert's Research Reflections, Ruminations, and Rules of Order ( $N = 7$ )

- Get a mentor, *and then*, become one.
- **Try to be part of a stable research team.**
- Be alert to the “iatrogenic effects” of research.
- **Set out to do research that matters.**
- Remember that contributing to research is a two-way street.
- **Do more than “just think” about the practical meaning of your research.**
- As much as possible, avoid needless complexity in writing and reporting of research results.

## Challenges ahead of Us - Cautionary Notes about the Future of University-based Research

- Addressing the “politicization” of universities
- Navigating in an overbuilt education system
- Improving student critical thinking & curiosity
- Embracing innovation (e.g., artificial intelligence)