"Lasers, lenses and light curves: adaptive optics microscopy and peculiar transiting exoplanets"

- 1. Despite the double-pass effect, both even and odd wavefront modes can be measured with direct wavefront sensing in microscopy. (Chapter 3)
- 2. Combining feedbacks from wavefront sensing and recorded intensity should be the aim for future adaptive optics implementations in microscopy. (Chapter 3 & 4)
- 3. Adaptive optics will become as prevalent in microscopy in the future as it is in astronomy today. (Chapter 1)
- 4. The future of adaptive optics in microscopy requires proper characterisation of tissue aberrations. (Chapter 3)
- 5. Valorisation happens naturally if science is allowed to run its course; unexpected applications of research will eventually emerge.
- 6. Training of instrumentalists is vital to the ensure the continued availability of high-quality astronomical instruments in the future.
- 7. There should be more collaboration between different scientific fields to stimulate creative solutions.
- 8. Given that our funding is often public, our methods, data, and publications should be equally public and not hidden behind paywalls.
- 9. Scientific publications should by themselves be sufficient to reproduce the published results. Cookbooks could serve as an inspiration for writing scientific publications; the results may not always be as tasty, but should always be as reproducible.
- 10. For sustained knowledge transfer, academia should distinguish between managers, scientists and teachers.
- 11. Obtaining a PhD is not so much about research as it is about improvisation.