Linguistics as a field is currently undergoing a trend towards an increased use of empirical research methods, including corpus analysis, psycholinguistic experimentation, and computational modelling. This trend is carried to a large extent by young researchers who are eager to acquire new methodological skills and to apply them in their research projects. Today, it is not uncommon for PhD students to have greater methodological expertise than their advisors (although the latter might be in denial about this). Naturally, the acquisition of methodological skills takes some time away from other things that used to be part of dissertation work, such as for instance the familiarization with different linguistic theories. In this talk, I will suggest that theoretical literacy still matters, and that an engagement with theoretical issues can actually benefit young researchers in two ways: First, it makes your work interesting for a larger audience. Second, it helps you make the most out of the empirical methods that are currently available. I will discuss different ways in which methods and theory can be brought together, and I will illustrate them with examples.