Antonio Cepeda-Benito graduated from the University of Wisconsin-Milwaukee in 1988 and received a Ph.D. in psychology from Purdue University in 1994. His first faculty appointment was at the Assistant Professor level in the Department of Psychology at Texas A&M University (TAMU). He was tenured and promoted to associate professor in 2000 and to full professor in 2005. In 2006, still at TAMU, he was appointed Associate Dean of Faculties, and in 2009 he was named Dean of Faculties and Associate Provost. In July of 2012, he became the Dean of the College of Arts and Sciences (CAS) at the University of Vermont (UVM). Dr. Cepeda-Benito resumed his faculty appointment in the Department of Psychological Science at UVM in 2016. Over his career, he has received various teaching and service diversity awards including Psychology Teacher of the Year (1998), the Academic Inspiration Award (1999), the College of Liberal Arts Superior Service Awards in Diversity (2002), and the Provost Outstanding Individual Achievement Diversity Award (2003). He has also received two National Awards of Excellence from the National Hispanic Science Network on Drug Abuse (NHSN), one for contributions in Public Service (2006) and the other for Mentoring (2008). He is a founding member of the steering committee of the RED Latino Americana (REDLA) on drug addiction, as well as the founding Chair of the International Research Collaboration Subcommittee of the NHSN. In 2009 he was named one of the "Top 100 Most Influential Hispanics" by Hispanic Business Magazine.

Dr. Cepeda-Benito's research connects the disciplines of Behavioral Neuroscience and Clinical Psychology to investigate drug addiction and eating disorders. He has published extensively and his research has been supported by grants from the National Institute on Drug Abuse, the Texas Department of Health, and the Spanish Ministry of Science and Technology. Dr. Cepeda-Benito is licensed to practice psychology both in Texas and Vermont. His professional practice and research emphasize vulnerable populations.