



Michael J. Zigmond received his PhD in 1967 at the University of Pittsburgh in biopsychology and did postdoctoral work at MIT before assuming a faculty position at the University of Pittsburgh in 1970. His research has resulted in more than 250 publications and focused on the effects of stress, exercise and isolation of brain health. It has been funded by the National Institutes of Health, the National Science Foundation, and the US Department of Defense. Zigmond remained at “Pitt” until 2017, when he retired as professor emeritus in the Department of Neurology. In 1985 Zigmond began to teach what he termed “survival skills,” the abilities he felt were needed to succeed as a professional.

Together with his colleague, Beth Fischer, he has now taught workshops on such skills throughout the United States and in many countries in the world, particularly in Africa and the Middle East. He has received a number of awards for his educational work, including the Order of the Dragon from the government of Senegal and a Lifetime Achievement Award from the Society for Neuroscience, where he served as the Secretary. He was named a Fellow of the American Association for the Advancement of Science in 2010.