
GENERAL EDUCATION

Maharishi University of Management is dedicated to education that develops the whole person. Our approach to general education shares the emphasis on distribution requirements and mastery of basic competencies found at other institutions. To these we add a program that directly develops the students' creative intelligence from within. Our program also emphasizes development of health and fitness, enlightened attitudes, and progressive behavior.

SPECIAL FEATURES

- Development of Consciousness courses, which include the required twice-daily practice of the Transcendental Meditation program or the Transcendental Meditation and TM Sidhi programs, as well as supporting programs. These are taken by all students throughout their education.
- A First-Year Program, which includes required courses in human physiology, physics, math, and writing.
- Distribution requirements in the Fine Arts, Humanities, Applied Social Sciences, and Mathematics.
- An exercise program in which students are tested for their fitness at the start of each semester, create their own daily exercise regimen based on fitness goals for the current semester, and then are retested for progress on these goals at the end of the semester.
- A health education program that includes a required two-credit course that introduces students to the principles of proper rest, nutrition, and time-management.
- The Rotating University Program, our study abroad option that complements our global mission by offering students the opportunity to study in foreign countries. Courses have been taught in Greece, Australia, New Zealand, Switzerland, Italy, South Africa, and India. The purpose of the program is to give students the experience of other cultures in some of the world's most beautiful locations.
- A two-credit career development and job placement seminar that all students take in their third or fourth year.
- Forest Academies, the first two weeks of each semester, which provide opportunities for more extended practice of the Transcendental Meditation technique, and for those qualified, the TM-Sidhi program. The Forest Academies also provide the opportunity for exploring the application of Maharishi Vedic Science to areas ranging from the arts to the sciences.

- A Senior Capstone Forest Academy during which graduating students are assessed for general education outcomes and reflect on the growth they have experienced in their years at Maharishi University of Management.
- Separation of courses by gender in certain large courses.

The specific credit requirements for all these programs are listed in the Academic Policies section of the Catalog.

GENERAL EDUCATION GOALS

For all students to graduate having mastered our general education goals and objectives, these educational outcomes must be addressed and reinforced throughout the curriculum. We have therefore created a Center for Educational Excellence that works with the individual faculty and departments to implement our general education goals and objectives in all programs and courses. This Center also oversees an assessment program that continuously monitors the progress toward achieving these goals and outcomes.

As part of the general education program, classes incorporate elements that develop

- Writing, speaking, and communication skills
- Reading, listening, and information gathering skills
- Group and independent research and work skills
- Proficiency with new technology
- Effective thinking skills
- Mathematical and scientific reasoning skills, as appropriate
- Creative imagination and problem-solving skills
- Aesthetic sensibility and experience in the arts, as appropriate
- Self-assessment skills.

All classes are organized around universal principles of Maharishi Vedic Science. In addition to the specific information and knowledge being studied in the modern disciplines, classes also develop the following understandings, as appropriate:

- Understanding of the quantum mechanical nature of reality
- Understanding the unity of all knowledge, its common source in the Unified Field of Natural Law, and its identity with the student's own Self
- Understanding the universality of the Vedic Science model of human development as it has expressed itself in diverse world civilizations
- Understanding the mechanics, principles, practical technologies, and evidence that support the development of higher states of consciousness and success in life.