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## ACADEMIC PROGRAMS

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### GENERAL EDUCATION

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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.

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## GENERAL EDUCATION COURSES FOR UNDERGRADUATES

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The undergraduate general education courses at Maharishi University of Management provide a unique vision, a completely original angle, on how to approach and succeed in life. We ground our curriculum in a vision of human potential that includes higher states of consciousness, and in an understanding of the fundamental unity of life. Our undergraduate program provides not only intellectual understanding of this new vision, but also technologies for realizing this vision. These two together, intellectual understanding and the experience of personal growth, lead to a most fulfilling and productive life.

Besides other course work, students who are enrolled in the undergraduate program receive instruction in Self-Pulse Assessment, or Maharishi *Nadi Vigyan*. This simple and profound technology from Maharishi Consciousness-Based Health Care<sup>SM</sup> allows the individual to accurately assess the level of balance of the whole physiology. The pulse contains the level of functioning of the three fundamental principles of intelligence governing the physiology: the principle of movement and communication; the principle of transformation and metabolism; and the principle of structure and cohesion. The goal is for the students to be able to measure the basic level of balance, which can then guide their dietary choices and daily routine to maintain balance and vitality.

### COURSES

#### **FOR 108 Self-Exploration and Transcending (2 credits)**

This forest orients you to the university and to Consciousness-based education. You will learn the Transcendental Meditation technique, and begin to explore the theoretical foundation for higher states of consciousness available through TM practice. If you already practice Transcendental Meditation, this forest will include a review of the principles and mechanics of the practice, based on your experience and questions.

#### **STC 108 Science and Technology of Consciousness (4 credits)**

This course discusses the full range of consciousness from individual experience to a fundamental field of intelligence that underlies all of life and how this is unfolded through Consciousness-Based education. As part of this course you will participate in 3-4 day base camp that focuses on team building, group processes, and leadership skills.

**FOR 109 Self-Exploration and Transcending — Advanced Seminar (2 credits)**

In this seminar students will select a fundamental principle, concept or theme from Maharishi Vedic Science, research it, and lead the class discussion on their topic. This course will include extensive reading of the Vedic Literature, discussion of advanced concepts from selected readings and videotapes, and extended Development of Consciousness for deeper experiences.

**STC 109 Science and Technology of Consciousness: Advanced Seminar (4 credits)**

This course gives the student extended time to read the Vedic Literature in Sanskrit and to explore higher states of consciousness both experientially and theoretically. As part of this course you will participate in 3-4 day base camp that focuses on team building, group processes, and leadership skills.

**ESS 101 Health and Fitness Practicum: Physical Activity to Promote Longevity and Fitness for Life**

In this innovative and unique course, students exercise daily, chart their activities, and report their achievement at the end of each month. Each year every student receives a fitness assessment and a personally tailored workout program. Students are then assessed again at the end of the year. A computerized system helps students track their progress and generates a regimen of exercises.

**PH 101 Physiology Is Consciousness: Awakening the Cosmic Potentiality of the Human Brain**

The course will explore the new paradigm in science that the “Physiology is Consciousness.” Current concepts of mind and body will be understood in terms of this new paradigm. The human brain is unique in the universe. The unfathomably complex fabric of the brain neuropil rivals the billions of galaxies. This course examines the contribution of the Vedic tradition of knowledge to our understanding of brain structure and function, and hence, the potential that lies within every individual. The exponential growth of modern scientific understanding during the last 100 years, primarily the last 50 years, has created a situation in which we have an urgent need to understand the relationship between consciousness and our physiology. This course will present facts of brain structure and function in light of Maharishi Vedic Science and the Discovery of Veda and Vedic Literature in human physiology. We will examine how our brain constructs reality at every moment and how the transcendental field of life, the home of all the Laws of Nature, is the source of these myriad physiological impulses seamlessly orchestrated to produce what we call human experience. We will learn how the experience of unboundedness, the Self of every individual, can transform our physiology and awaken the total creative potential of the brain in enlightenment, the birthright of every human being. (4 credits)

**FOR 103 Health-Related Fitness: Physical Activity to Promote Longevity and Fitness for Life**

This course presents the latest knowledge from Western science and the Maharishi Consciousness-Based Health Care program concerning the optimum daily routine for establishing the foundation for lifelong excellent health and growing enlightenment. The major focus will be on the details of the ideal routine of sleep, diet, exercise, meaningful activity, recreation and the importance of the regular experience of pure consciousness for optimum health and evolution. This course will combine both lectures and physical activity labs. (2 credits)

**PHYS 110 Foundations of Physics and Cosmology: Discovery of the Unified Field and Its Practical Applications for Perfection in Life**

The course gives a deep and non-mathematical understanding of the differences between classical and quantum physics. It explains the meaning and mechanics of unification and symmetry and the main concepts of unified quantum field theories and superstring theory. It shows that at the basis of the universe lies a complete unified field, a self-interacting entity from which all particles and forces arise through the process of spontaneous symmetry breaking. The course gives students experience and understanding of the interconnectedness between the laws of physics, the universe, and themselves. (4 credits)

**MVS 202 Higher States of Consciousness: Realizing Your Full Human Potential in the Growth of Enlightenment to its Pinnacle in Unity Consciousness**

This course covers the description of higher states of consciousness that arise naturally and spontaneously through the Transcendental Meditation and TM-Sidhi programs. The course explores each of the higher states of consciousness through subjective descriptions of direct experience and objective scientific research. (4 credits)

**WTG 191 College Composition 1: Clear and Graceful Prose — Coherent Minds Expressing Themselves through Traditional Writing Forms**

This course presents students with the challenge of reconciling seemingly opposite perspectives — writing as an ongoing process of discovery and writing as the creation of a finished work. Students develop greater facility with the writing process and strengthen foundational skills. Connections between reading and writing are fostered as students read and discuss a narrative text. (4 credits)

**WTG 192 College Composition 2: Exploring Academic Writing — Knowledge as the Basis of Successful Communication and Self-Expression**

This course develops students' abilities to use language for different purposes, subjects, and audiences, focusing on both exposition and persuasion within the academic context.

Students read and discuss published works that reflect the variety of thinking and writing across the disciplines. (4 credits) *Prerequisite:* WTG 191 or appropriate assessment

### **MGT 346 Career Strategies: Choosing a Career to Maximize Inner and Outer Fulfillment**

The course has a practical focus on career discovery and implementation. In the framework of Consciousness-Based principles for success, students consider their own skills, abilities, and objectives, and learn to design a career that utilizes their talents and creativity for maximum effectiveness, achievement, and evolution. They design an action plan to implement their career goals, and then work with the best Internet resources to research occupational interests, business and service organization profiles, and industry trends. Students learn networking strategies, including interviews, and using the telephone and Internet for extending their professional networks. They also develop scripts for introducing themselves and describing their achievements and capabilities with confidence in various formats, writing about themselves in the cover letter, resume, and portfolio, and speaking about themselves and what they can offer to potential colleagues, funding agencies and employers. (variable credits) *Prerequisite:* third year of undergraduate study

### **MVS 475 Senior Capstone Seminar**

In this two-week seminar, senior students from all majors reflect on their undergraduate education, in an interdisciplinary setting. This gives students an opportunity to integrate all aspects of their experience at Maharishi University of Management, including course work, extra-curricular activities, and personal development, and to articulate ways in which experience and understanding of Maharishi Vedic Science have deepened their knowledge. Growth in areas described by the university's General Education goals is also assessed during this course. *Prerequisite:* last semester before graduation

### **FA 231 Great Civilizations: Fulfilling the Ancient Quest for Heaven on Earth as Sought by Vedic, Chinese, Indian, Middle Eastern, African, Native American and Western Cultures**

Students explore the most inspiring creations of civilization — art, philosophy and religion — highlighting humanity's quest for an ideal society. The course begins with the venerable Vedic civilization, which according to Vedic Literature enjoyed Heaven on Earth, continues with extraordinary videotapes, slide lectures and guest speakers on many other cultures, and concludes by examining the possibilities for creating Heaven on Earth today. By familiarizing students with many cultures in the light of their own consciousness, this course nurtures global citizens of the twenty-first century, at home in the world family. Topics include: Western and Vedic views of history, cultural history from prehistory to the present day, and the most widespread wisdom traditions of

humanity — Taoism, Buddhism, Hinduism, Judaism, Christianity, and Islam. The course includes a 3–4 day field trip to a major cultural center. Field trip fee: \$175. (4 credits)

Plus major, distribution, Development of Consciousness, and Forest course requirements (see Academic Policies Section) and a course in mathematics selected from the following:

**MATH 152 Elementary Algebra: Using Variables to Manage the Total Possibility of Numbers and Solve Practical Problems**

The infinitely flexible language of algebra is used to quantify and model mathematical patterns and relationships. Topics include operations on algebraic expressions, linear equations, the coordinate plane, inequalities, factoring, and simple quadratic equations. (4 credits)

**MATH 153 Intermediate Algebra: Using Variables to Manage the Total Possibility of Numbers and Solve Practical Problems**

This course extends Elementary Algebra to develop further algebraic models. Students study polynomials, rational expressions, quadratic equations, complex numbers, and graphing in the coordinate plane. (4 credits) *Prerequisite:* MATH 152

**MATH 266 Geometry for the Artist: Applying Abstractions of Shape and Form to Create Beautiful Concrete Images**

Geometry, the study of shape and form, is an essential tool for the visual artist. Topics in this course include symmetry, Euclidean and non-Euclidean geometry, perspective and projective geometry, and fractals. Materials fee: \$10 (4 credits) No prerequisite

**MATH 161 Functions and Graphs I**

**MATH 162 Functions and Graphs II**

A mathematical function quantifies the relationship between two related quantities and can be used to model change. Functions and their graphs are essential to all branches of mathematics and their applications. (4 credits each)

TOPICS 1 — domain and range, average rate of change, graphs, functions (linear, exponential, logarithmic, and quadratic), and applications. *Prerequisite:* MATH 153

TOPICS 2 — trigonometry, algebra of functions, compositions and inverses of functions, functions (trigonometric, power, polynomial, and rational), and applications.

*Prerequisite:* MATH 161