President Hagelin Elevates Role of Young Administrators

In recent months President John Hagelin has elevated younger administrators to leading positions and has added 10 of them to his “cabinet,” the group that helps run the university.

“This new group of 10 is sometimes referred to as the ‘young cabinet.’”

“These very dedicated, talented, and accomplished young leaders are building the bright future of our university,” Dr. Hagelin said. “They constantly demonstrate their brilliance and their vision for moving MUM forward. In collaboration with our long-standing cabinet members, they are continually upgrading and expanding the university’s operations and successes.”

The young cabinet members include Carol Passos, director of human resources, Patrik Siljestam, comptroller, Aster Hesse, associate dean of admissions, Taniya Hallman, registrar, Gwen Stowe, director of admissions, Tiago Passos, director of development, Leslie Doyle, director of Student Support Services, Eric Liu, director of MUM Online and continuing education, Selin Ozbudak, associate dean of enrollment and student affairs, and Maryam Naraghi, principal designated school official and international student adviser.

“I feel immensely fortunate that our young cabinet has been willing to take on such significant responsibilities at our university so early in their careers,” Dr. Hagelin said. “They will ensure a vital continuity of experience and knowledge as the university expands and moves into the future.”

Students Focus on Local Hunger in New First-Year Option

With research showing that over 13% of the people in Jefferson County, including 20% of the children, don’t always have enough to eat, students in a new first-semester program have initiated several projects to address this need.

The projects range from encouraging farmers and gardeners to grow extra food to contacting retailers to reclaim unsold food rather than having it go into a landfill.

The new program is entitled “Global Solutions: Consciousness and the Challenges of the 21st Century.” Rather than switching courses every block, students move through the whole semester as a group.

“This is a ‘learning community,’ and it’s highly innovative,” said Craig Pearson, vice president of academic affairs, who conceptualized the program last fall. “It’s interdisciplinary, it’s very hands on, it’s based around learning in your personal community.”

Over 200 students donned their Halloween best at the MUM dance at the Fairfield Arts & Convention Center. The event featured everything from a professional light show to a chill-out room with massage, tarot readings, and glow-in-the-dark face paint.
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real-world projects. It emphasizes developing vital life skills, such as communication, critical thinking, problem-solving, and teamwork and leadership. It uses narrative evaluation instead of letter grades. And of course it's Consciousness-Based.”

In fact, students taking the 18-week program automatically satisfy a range of core requirements, such as composition, mathematics, critical thinking, and health-related fitness.

“Our purpose is to make learning more meaningful and relevant while creating global citizens who can think deeply and critically about challenges from the local to the international level,” said Ken Daley, who is leading the course along with Professor Johan Svenson.

The students began by studying global challenges and solutions, and then transitioned to examining how a specific global problem — food insecurity — is expressed locally. Then they took on several projects to address this need.

Representatives of various Fairfield organizations met with the students to pitch ideas for approaches the students could take. The students selected projects and formed into teams, each team taking the lead on a particular project.

“The team-based, project-based, learning community approach gives students the opportunity to effect real change,” Dr. Svenson said.

The initiatives include starting a local chapter of Grow a Row, a national effort to encourage farmers and gardeners to grow an extra row of produce and donate it to a local food bank such as The Lord’s Cupboard in Fairfield. To incentivize gardeners, the students will help them to create specialized raised beds.

Another team is focusing on educating people about local food insecurity. Their activities include teaching elementary cooking and food preparation so residents can learn how to eat healthy food on a tight budget.

Another team is working on food reclamation, encouraging local food suppliers to donate food that would otherwise go into a landfill.

“The Global Solutions course has shown me that almost all major world issues show up in communities here in America,” said student Jordan Pugsley. “I’ve been inspired to take action in my home communities, and that is what will heal the world as a whole.”

Mr. Daley said everything about the new program feels different from a regular classroom. “It feels like a learning community, not a one-way transmission of information. We are ultimately creating a deep dialogue on the challenges of the 21st century, and learning how to become change agents.”

“Global Solutions has embraced the fire in all of us to be a part of real change,” student Kelly Urban said.

New Study Shows Improved Emotional Intelligence

School district staff who practiced the Transcendental Meditation® technique for four months had significant improvements in emotional intelligence and perceived stress, according to a new randomized controlled trial published in The Permanente Journal.

Emotional intelligence refers to the ability to perceive emotions in oneself and others, and to use that content to build healthy relationships.

Coauthored by MUM professors Maxwell Rainforth and Sandy Nidich, the randomized, controlled study involved 96 central office staff at the San Francisco Unified School District.

“Workers, especially in our school districts, are under a growing amount of stress and asked every day to find solutions to increasingly complex problems,” said Laurent Valosek, lead author of the study and executive director of the Center for Wellness and Achievement in Education. “This study demonstrates the benefits of meditation in the workplace. And with a growing body of research on the value of emotional intelligence and the harmful effects of psychological stress, organizations are looking to give their employees tools for reducing stress and developing emotional competencies like centeredness, self-awareness, and empathy.”

The study can be viewed at https://bit.ly/2Rl4H6M.
Top Industry Professionals Join Board of Trustees

A former government official, a top tech consultant, an expert on career development, and a long-time faculty member have recently joined MUM's Board of Trustees.

“We recently had a meeting of the Trustees that involved our four newest members, and they have already shown that they have the experience, intellect, and initiative to make an extraordinary contribution to Maharishi University of Management,” said Jeffrey Abramson, chair of MUM's Board of Trustees.

Scott Gould

Scott Gould is a former deputy secretary of the U.S. Department of Veterans Administration who has also held top positions in the Department of Commerce and the Department of Treasury. His business experience includes being a vice president at IBM. He is currently CEO of Mountain Lake Associates.

Dr. Gould hopes to apply the strategic and financial skills he developed during his career as a management consultant and business owner to the challenge of growing the university. As a 26-year veteran of the Navy Reserves, he also expects to serve as a resource for students contemplating public service in the military, or given his government background, those contemplating public service in federal, state, or local government.

Steve Langerud


Mr. Langerud has held leadership roles at Grinnell College, the University of Iowa, and DePauw University. More recently, he was with MUM for five years as deputy director of global development, acting dean of admissions, and senior adviser to the university.

“Consciousness-Based education is the right starting point for education,” he says. “Addressing the brain is key. That’s what initially drew me to MUM and now again as a trustee. The Transcendental Meditation technique has never been more relevant than right now. The changes in our brains, lives, and relationships are more needed in the world today than ever before.”

Michael Heinrich

Educated at Stanford, Harvard, and the University of California, Berkeley, Michael Heinrich started his career in technical product management and engineering at Microsoft and at SAP, the world leader in providing software for businesses. He has also worked for Bain & Co, providing consulting for Fortune 500 companies, and for Bridgewater Associates, a leading hedge fund. Most recently he’s been involved with several startups, including being founder and CEO of Oh My Green, which offers affordable, tasty, and nutritious foods for companies such as Google and Lyft.

“Having scaled my own startup company from 0 to over 300 employees in a short amount of time, I would love to help infuse an entrepreneurial growth mindset at MUM,” he said.

Ken Daley

In addition, faculty member Ken Daley was voted onto the board by the faculty to serve a one-year appointment. He has headed the Department of Exercise and Sport Science for over 30 years and teaches gymnastics, health-related fitness, and leadership and adventure sport.

He directed a two-year, $100,000 wellness grant received by the Jefferson County Wellness Action Coalition, has served as president of the Iowa Association for Health, Physical Education, and Dance, and served as the executive director of that organization for six years.

He has been invited to be part of regional and national wellness initiatives, including the first Global Forum for Physical Education that involved over 70 educators, health professionals, and policy makers from 30 countries.

“It’s heartening to see such extraordinary talent, experience, and dynamism added to the Board of Trustees,” said MUM president and quantum physicist John Hagelin, PhD. “MUM is in a phase of explosive growth, and will benefit greatly from fresh perspectives and world-class guidance from the board.”

Board chair Jeffrey Abramson said MUM will be adding more trustees over the next year or two, including alumni and members of the Fairfield community, with a goal of reflecting the great diversity of the global reach of MUM.
Students Launch Business to Grow Medicinal Mushrooms

BY CHRISTOPHER F. DARDEN

Members of the new Sustainable Living Business Club are currently raising startup funds for a venture that will grow and sell lion’s mane mushrooms, which are edible and are said to be good for one’s health.

“Lion’s mane is a kind of mushroom that has lots of medicinal properties and is really good for a person’s brain, heart, and gut health,” said Dominique Ragland, club vice president. “These three body parts are known as the ‘three brains of the body.’ They each have cells that send messages to other areas of the body, helping to regulate and control a person’s homeostasis. Lion’s mane helps to protect and rejuvenate these cells.”

The students plan to provide Fairfield with an organic superfood and have begun to raise the necessary startup funds for their project.

These funds will be used to purchase the materials for the growing process as well as help them rent an 8 by 10-foot room, which they expect would accommodate a 100-pound harvest.

With a fundraising goal of $3,000 to successfully fund the startup in an efficient, economical, and sustainable way, the club had raised approximately 10% of the startup cost by the beginning of November.

They welcome donations of any size, but a donation of at least $20 will confer membership, a sample of the first harvest, and 10% off future orders, said club president Kelly Kretschmar.

The club has launched a GoFundMe campaign at www.gofundme.com/support-mycosolutions-start-up.

The club’s Facebook group is at www.facebook.com/groups/SustainableLivingBusinessClub.

Student Life Department Adds Another Counselor

Emily Wofford, a licensed mental health counselor, is the newest member of the Student Life team.

Throughout her graduate school experience, she focused on perinatal and couples counseling, with an emphasis on human sexuality, and has worked extensively with college-aged clients.

She earned a BFA from New York University and her master’s degree in social work from the University of Iowa.