Art Students Get Full-Ride Funding from Top Graduate Schools

The three December graduates of the new MA in Studio Art will be heading to top graduate schools this fall—all tuition expenses paid. And two will also have living expenses covered.

The goal of the MA is to give artists who are hoping to enter an MFA program the opportunity to spend a year developing their work, assembling a strong portfolio, and receiving guidance from faculty on applying to graduate programs.

All three were accepted to multiple highly ranked MFA programs.

Younes Kouider will be attending Yale University in the fall to study sculpture, Genevra (Daley) Bell will be heading to the University of California at Davis to study studio art, and Caroline Lichucki will also be focusing on studio art at the University of Oregon.

“Yours success is due to a combination of them being receptive and hard working and of course talented, but we also give them a huge amount of attention in the program in general, and with their applications,” said Professor Gyan Shrosbree. “We help them with picking schools, photographing their work, writing essays and artist’s statements, as well as helping them practice interviews and presentations, etc.”

The two-semester, studio-based curriculum includes seminars, supportive critiques from faculty, feedback by visiting guest artists, and critiques from an outside reviewer.

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The world is the divine made active, everything rising as a wave on the eternal ocean of bliss-consciousness. Every perception, the sound of every word, the touch of every little particle, and the smell of whatever may be, brings a tidal wave from the ocean of eternal bliss. Every rising thought, word, or action is a rising of the tide of bliss.”
— Maharishi Mahesh Yogi, Science of Being

New Study Finds Enhanced Social-Emotional Learning

Middle school students practicing the Transcendental Meditation® technique as part of a school Quiet Time program had significant improvements in social-emotional competencies and psychological distress, according to a new study published in Education.

“Social-emotional learning is gaining increased recognition as an important goal of education, said MUM professor Sandy Nidich, study coauthor and director of the MUM Center for Social-Emotional Health and Consciousness. “Competencies such as self-awareness, self-management, social awareness, relationship skills, and goal-directed behavior help students perform better academically and promote enhanced emotional and social well being.”

The study compared 51 sixth-grade students who took part in a Quiet Time program with twice-daily practice of Transcendental Meditation to 50 students from a matched control school within the same West Coast public school district.

Results showed a significant increase in overall social-emotional competency in the Transcendental Meditation group compared to controls over a four-month period. The effects were particularly pronounced in high-risk subgroups, which experienced a significant increase on social-emotional competency and a significant decrease on emotional problems compared to controls.

Specific improvement was found in the areas of decision-making, goal-directed behavior, personal responsibility, relationship skills, and optimism.

The study used the Devereux Student Strengths Assessment Mini scale and the Strengths and Difficulties Questionnaire Emotional Symptoms scale.

“One important strength of the study was the use of teacher ratings of student social-emotional competencies rather than relying solely on student self-report,” Dr. Nidich said. “These results have implications for schools looking to implement evidence-based programs for student social-emotional learning and mental health. The media coverage of the results has been very positive, showing a keen interest throughout the world in the Transcendental Meditation technique as a means to improve social-emotional learning and reduce student stress.”

Laurent Valosek was lead author. Other coauthors included Randi Nidich from MUM, Jamie Grant, and Staci Wendt from WestEd Research in California.

THE REVIEW

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India Physicians Embrace Maharishi’s Knowledge

Professor Robert Schneider, MD, FACC, recently spoke to groups of medical professionals in India, stirring excitement as they became aware that their tradition of Ayurveda and Yoga has been shown to be grounded in modern science.

Dr. Schneider delivered a featured presentation at the World’s First Conference on Meditation and Cardiovascular Disease in Rishikesh hosted by the All India Institute for Medical Sciences – considered to be one of the top hospitals and medical schools in India.

“These modern doctors and scientists know that this is their ancient tradition, but they want to be contemporary and science-based,” said Dr. Schneider, dean of MUM’s College of Integrative Medicine. “They were very inspired by our research giving a modern scientific framework to their tradition.”

The result is that faculty at the All India Institute for Medical Sciences are eager to collaborate with Dr. Schneider on research. In addition, 40 have learned the Transcendental Meditation technique, with plans for several hundred more faculty, staff, and students to learn.

They are particularly interested in using imaging technology such as PET and fMRI to differentiate among approaches to meditation regarding its physiological effects on the brain and heart. And they want to collaborate with Dr. Schneider on a large clinical study on hypertension that would be conducted in India.

The conference involved top researchers, including from Harvard University, and a number of the presentations referenced the research led by Dr. Schneider.

One of the attendees invited Dr. Schneider to come to Delhi to speak at the integrative medicine center at the All India Institute of Ayurveda – India’s leading Ayurvedic academic health center.

Dr. Schneider spoke to a group of about 150 people and introduced them to Maharishi’s broader approach to Ayurveda that includes the Transcendental Meditation technique, approaches for collective stress reduction, healthy architecture, knowledge of the rhythms and cycles of nature for prevention, sensory therapies, and other approaches.

“Many in India and the West think of Ayurveda as mainly herbal medicine and the purification techniques of panchakarma,” Dr. Schneider said. “This is a part, but our audiences are inspired to hear that this traditional medicine is a comprehensive mind-body-environment system based on the inner intelligence of nature in everyone.”

As a result, they discussed collaborating on clinical research and exchanging students, faculty, and curricula.

“MUM is the only accredited educational institution in the U.S. offering this knowledge, and they are eager to take advantage of that,” Dr. Schneider said.

School Student Wins Hackathon

Competing against six other teams in the recent University of Iowa High School Hackathon, Maharishi School 10th grader Shristi Sharma and a 9th grader from North Liberty High School took top honors.

The teams were given from 9:00 a.m. to 4:00 p.m. to work on a project that they then demoed to the judges at the end of the day. The students were introduced to the project ideas at the beginning of the day and provided with various data sets and tools to develop their project.

It was a fierce competition because other teams had senior and experienced programmers in their teams who worked on big data and artificial intelligence projects to prepare for the competition.

In addition, the other teams mostly had four students per team.

“I was not expecting anything from Shristi’s team because they were competing against bigger and experienced teams,” said Suresh Sharma, Shristi’s father. “Shristi and her teammate were clueless when they started and in the beginning had no idea of how to approach the project. But finally they came up with the idea of creating an interactive map of major historical events during a specific period.”

They were awarded first place because of their creativity, innovative thinking, and programming skills.

“It was a simple idea, but the judges hadn’t ever seen this type of thing before,” Mr. Sharma said. “They strongly encouraged Shristi to keep developing this idea and pitch it to the Smithsonian.”

Dr. Maheshwari Presents on World Peace in India

One hundred members of the Yogasthah Club at a university in Mumbai, India, are planning to learn the Transcendental Meditation technique thanks to a recent presentation on world peace by Professor Anil Maheshwari.

Dr. Maheshwari gave presentations at two large universities in Mumbai, including at the prestigious Indian Institute of Technology. His goal was to make the Indian academic community aware of the overwhelming evidence on the group practice of the Transcendental Meditation and TM-Sidhi® programs.

More than 200 attendees in total attended the two events. The Yogasthah Club at the Indian Institute of technology that hosted the first event has 800 members.

“They were so inspired and keen to realize such a coherence in collective consciousness on their campus of about 50,000 people that they wanted about 100 of their members to learn the Transcendental Meditation technique right away,” Dr. Maheshwari said. “I was delighted to connect them with MUM alumnus and Transcendental Meditation teacher Vivek Iyer, who would teach them on campus and get them going on their world peace journey.”

Dr. Maheshwari’s second presentation was at the Vivekananda Education Society Institute of Management, an AACSB-accredited business school. His research paper, titled “Yoga Sutra and World Peace,” will be published in an upcoming issue of their Journal of Development Research.
MBA Students Present at Chicago Conference

MBA students Nic Pace and Isaac Reynoso have taken a major step in their careers by presenting their research to other business professionals at the annual MBAA International conference in Chicago.

Each of their presentations was evaluated by two referees before being accepted.

“It was a great experience for me, since I hadn’t attended an academic conference like that before,” Mr. Pace said. “It was a good opportunity to chat with professors from colleges all over the country.”

Mr. Pace presented during a session on “Strategic Management for Sustainable Business.” He spoke on strategic management for sustainable business within the textile apparel industry.

Mr. Pace said that although he had a 45-minute presentation prepared, he ended up leading a discussion among the attendees.

“It was an opportunity to have the speaker at such an event give me more confidence in my speaking ability and leadership skills,” he said. “The next time I have a similar opportunity, I feel I will be more capable and confident.”

In a session on “Health Informatics and Technology,” Mr. Reynoso presented an analysis of the Sharecare, Inc. app, a platform for health and wellness that “provides people with personalized resources to help them live their healthiest lives.”

He described how this app is ahead of the rest of the industry in providing these resources, but also discussed issues with data privacy and security.

“What I walked away with more than anything was confidence in my ability to step out and network with academic and industry professionals,” Mr. Reynoso said. He did feel somewhat intimidated by the “amount of high-level intelligence and industry experience packed into a single room,” but found everyone was extremely kind and supportive.

Two New Online Master’s Degrees in Business Launch

MUM is launching two new online master’s programs: an MS in Sustainability Measuring and Reporting and an MS in SAP Finance.

Each program requires 30 credits, can be taken completely online, and can be completed in three semesters part-time, said Dennis Heaton, dean of the College of Business Administration.

The MS in Sustainability Measuring and Reporting takes the existing MBA in Sustainable Business to greater depth and is based on extensive research on job market trends in sustainable business.

“There continues to be steady growth of jobs requiring data collections, data analysis, and reporting of environmental and energy efforts in compliance with GRI and SASB guidelines and standards,” Dr. Heaton said.

Students in this program will have the option to earn certificates related to LEED or management accounting.

The online MS in SAP Finance, also derived from a successful specialization within the current MBA, will teach courses on SAP Enterprise Resource Planning software that were introduced in the MBA degree in 2016 by Professor Naveed Abbasi.

The online MS in SAP Finance addresses the needs of students who want to develop their knowledge of business processes using SAP enterprise software, the world’s leading integrated information system platforms used in multinational companies and international non-government organizations.

This program will prepare graduates to be a corporate business/data analyst, accounting manager, or SAP consultant through hands-on study. Students can elect courses with the Sustainable Measuring and Reporting Program, such as Metrics for Sustainability, SAP-SPM for Corporate Sustainability Management and Reporting, and Auditing with the GRI and SASB Standards.

Students who wish to complete the online MBA degree from MUM can take Sustainable Measuring and Reporting and SAP Finance as specializations and also gain breadth in other MBA subjects such as marketing, accounting, operations, and management.