

# 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. In addition, our program emphasizes the development of health and fitness, enlightened attitudes, and progressive behavior.

## SPECIAL FEATURES

- Research in Consciousness, the twice-daily practice of the Transcendental Meditation program (taken by all students throughout their education) and TM-Sidhi program (taken by all qualified students throughout their education).
- A First-Year Program, which includes required courses in the Science of Creative Intelligence, Sanskrit and Maharishi Vedic Science, human physiology, physics, and writing.
- Separation of courses by gender whenever possible.
- Distribution requirements in the Fine Arts, Humanities, Applied Social Sciences, Natural and Applied Sciences, Mathematics, and Maharishi Vedic Science.
- An exercise program in which students are tested for their fitness at the beginning 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-unit course that introduces students to the principles of proper rest, nutrition, and time-management as well as a first-year tutorial and mentoring program that helps students create good habits in these areas.
- A two-unit 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 research in consciousness and for exploring the application of the Science of Creative Intelligence 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.

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

## **GENERAL EDUCATION GOALS AND THE CENTER FOR EDUCATIONAL EXCELLENCE**

In order 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 on the implementation of our general education goals and objectives in all programs and courses. This Center also oversees an assessment program that continuously monitors our progress in 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 the Science of Creative Intelligence course and in Vedic Science courses. 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

## **SPECIAL GENERAL EDUCATION HUMANITIES ELECTIVES**

In addition to elective courses offered by the academic departments at the University, students may take any of the following courses to fulfill their general education distribution requirements in the Humanities:

**HUM 108 The Good Life in Western Philosophy: Seeking the Highest First**

Philosophy asks one particular question of greatest significance for human life, “What is the good life?” This question is an excellent entry point into philosophy, because the answer deals explicitly with ethics (values), and necessarily leads one to the investigation of the other major areas of philosophy — epistemology (the nature of knowledge) and metaphysics (the nature of reality). This course will give students a general introduction to the field of philosophy and to some of the greatest philosophers in the Western tradition. In addition, students will gain a deep understanding of the value that Maharishi Vedic Science has for illuminating the thinking of great philosophers and, more generally, for helping us to answer the fundamental questions of philosophy and life. (4 units)

**HUM 110 Western Philosophy: The Quest for Self-Knowledge, Wisdom, and the Highest Good**

When we explore the mainstream of the Western intellectual heritage from the perspective of Maharishi Vedic Science, we discover that great philosophers throughout Western history have described higher states of consciousness. In this course, reading from the writings of such philosophers as Plato, Aristotle, Descartes, Spinoza, Hegel, and Whitehead, students see the Western intellectual heritage confirming the universality of higher states of consciousness, and observe that Maharishi has elucidated an understanding of human development that is universal to human life. The course also looks at current issues in the nature of science and the limitations of the scientific method in gaining complete knowledge. (4 units)

**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 units)