

NOTE: All problem numbers from Sakurai correspond to the 3rd Edition.

1. Sakurai 4.4

[As a reminder, the $\mathcal{Y}_l^{j,m}$ are just the coupling of the spherical harmonics, $Y_l^{m\pm 1/2}(\theta, \phi)$, and the spin-1/2 two-components, χ_{\pm} , into states with definite j and m , as defined in Equation (3.384).]

2. Sakurai 4.5

Hint: You may assume that $C_{n'l'j'n'}$ are calculated in first-order perturbation theory (which doesn't come until Chapter 5! And will be covered in a week or so!) The relevant expression is

$$C_{n'l'j'n'} = \frac{\langle n'l'j'm' | V | nljm \rangle}{E_{nlj} - E_{n'l'j'}},$$

where E_{nlj} , etc., are the unperturbed energy levels (i.e., the energy levels of the atom ignoring the parity violating interaction.)

3. Sakurai 4.7

4. Sakurai 4.11