Read over the main points from this week in the Syllabus and easily review the Presentation slides from each of the lectures to prepare for the oral quiz. You do not need to study for this like a ‘Final Exam’, it’s just a lighthearted quiz, but you should be familiar enough with the material to engage in a lively conversation about it. Be sure you understand the most important points. Can you explain: Transcendental Consciousness, life is found in layers, the importance of the 5 fundamentals of progress, some of the 16 principles, keys to living longer and living well (some tips for diet, sleep, activity, and transcendence), a few main points on the Doshas (mind/body type), a few points about TM research. It will be important that everyone contribute several times during the quiz. We want to see what you’ve learned!

While reviewing the material, **come up with 1 question for each day of the course = 8 questions**, that you feel a student should be able to answer, and submit them in Sakai. Also, be sure to bring them to class on Wednesday and we’ll see if your classmates can answer them.

1. Why do we need to take TM class for the Com-Pro?

2. Why the most important thing is sleep?

3. How to increase your happiness?

4. What are the 6 major nutrients?

5. How does TM develop brain integration?

6. What are the differences between a fixed mindset and a growth mindset?

7. How effective is TM social consciousness?

8. What are doshas?