Taking u(x,y,z,t) = X(x)Y(y)Z(z)T(t)

for solution to $-\frac{\hbar^2}{2m}\nabla^2 u = i\hbar \frac{\partial u}{\partial t}$, \hbar is Plank's constant divided by π

Verify u is a solution (note no y dependence)

$$-\frac{\hbar^2}{2m} \left[\frac{\partial^2 \mathbf{u}}{\partial \mathbf{x}^2} + \frac{\partial^2 \mathbf{u}}{\partial \mathbf{y}^2} + \frac{\partial^2 \mathbf{u}}{\partial \mathbf{z}^2} \right] = i\hbar \frac{\partial \mathbf{u}}{\partial \mathbf{t}}$$

$$-\frac{\hbar^2}{2m}[X''YZT + XY''ZT + XYZ''T] = i\hbar XYZ\dot{T}$$

or

$$-\frac{\hbar^2}{2m} \left[\frac{X^{\prime\prime}}{X} + \frac{Y^{\prime\prime}}{Y} + \frac{Z^{\prime\prime}}{Z} \right] = i\hbar \frac{\dot{T}}{T}$$

Let $\frac{X''}{X} = -k_x^2$, solving gives $X = e^{ik_x x}$, similar for y and z

Then
$$X(x)Y(y)Z(z) = e^{ik_xx}e^{ik_yy}e^{ik_zz} = e^{i(k\cdot r)}$$

where $k = k_x \hat{i} + k_y \hat{j} + k_z \hat{k}$ and $r = x \hat{i} + y \hat{j} + z \hat{k}$ ($\hat{i}, \hat{j}, \hat{k}$ are unit direction vectors)

deBroglie relation for matter wave is p(momentum) = $\hbar k$, k is wave number

Now substituting $\frac{X''}{X} = -k_x^2$ and similar for y and z in equation above gives

$$-\frac{\hbar^2}{2m} \left[-k_x^2 + -k_y^2 + -k_z^2 \right] = i\hbar \frac{\dot{T}}{T}$$

Rearranging (don't forget $i^2 = -1$)

$$-\frac{\hbar i}{2m} \left[k_x^2 + k_y^2 + k_z^2 \right] = \frac{\dot{T}}{T}$$

Then with $p_x = \hbar k_x$ similar for y and z. Substitution gives

$$-\frac{\hbar i}{2m} \left[\frac{p_x^2}{\hbar^2} + \frac{p_y^2}{\hbar^2} + \frac{p_z^2}{\hbar^2} \right] = \frac{\dot{T}}{T} \text{ or } -\frac{i}{\hbar} \left[\frac{p_x^2 + p_y^2 + p_z^2}{2m} \right] = \frac{\dot{T}}{T}$$

Now
$$\frac{p_x^2 + p_y^2 + p_z^2}{2m} = \frac{p^2}{2m} = E$$
. but also for quantum mechanics $E = \hbar \omega$

Therefore

$$-\frac{i}{\hbar}[\hbar\omega] = \frac{\dot{T}}{T}$$
 or $\frac{dT}{T} = -i\omega dt$ Solving gives $T = e^{-i\omega t}$

Therefore

$$u(x,y,z,t) = AX(x)Y(y)Z(z)T(t) = Ae^{i(k\cdot r)}e^{-i\omega t} = Ae^{i(k\cdot r-\omega t)}$$

For part (b) we have specific boundary conditions since confined to box for x we have u(0,y,z,t)=u(a,y,z,t)=0, similar in y and z. Thus in particular X(0)=X(a)=0, and similar for y and z.

Solving the separated equations, eg. For X,

Let
$$\frac{X''}{X} = -k_x^2$$
, with $X(0) = X(a) = 0$ since this is a periodic boundary codition we choose $X(x) = A\cos k_x x + B\sin k_x x$

Using the boundary conditions gives (as usual)
$$X(x) = B sink_x \left(\frac{n_x \pi}{a}\right) x$$

where
$$k_x = \frac{n_x \pi}{a}$$
, similar for y and z

As before
$$E = \frac{p_x^2 + p_y^2 + p_z^2}{2m}$$
 and $p_x = \hbar k_x$ similar for y and z gives

$$E = \frac{(\hbar k_x)^2 + (\hbar k_y)^2 + (\hbar k_z)^2}{2m} = \frac{\hbar^2}{2m} [k_x^2 + k_y^2 + k_z^2]$$

Finally using
$$k_x = \frac{n_x \pi}{a}$$
, $k_y = \frac{n_y \pi}{a}$, $k_z = \frac{n_z \pi}{a}$ we get

$$E = \frac{\hbar^2 \pi^2}{2ma^2} [n_x^2 + n_y^2 + n_z^2]$$