If you were Cathy's Ministers or roommate what might you share with her that would offer her:

* an understanding of the purpose of temples
* direction on where to find information and help on finding family names
* preparing for temple worship and developing a stronger appreciation for the temple

Temple is a sacred place, a house of God where people make covenants and are blessed. It is a place where people can strengthen and grow their spirituality. It is one of the sources of revelation. It is the only place where we do eternal bonding so our marriage can be eternal. It is a sacred place where we can be sealed with our parents and kids so our family can be eternal. It is the only place and with the power of priesthood and authority of God’s our family can be made eternal.   
There are two things you can do when you want to do baptism of the dead. Either you can take your own name, or you can get one in the temple. It will be a random person's name which was sent by some people in some parts of the world. Or you can also take some of your ancestors and sibling's names to be baptized for in temple. If you want to baptize your ancestor you can request that name from our family tree. If you don’t know about family history, it is a record of your ancestors and how you are linked with them.

One can prepare for the temple by knowing the basic principle. One needs to know what goes in endorsement if you are ready to be endowed. You will feel it once you are there, just take it in all the experience there rather than thinking it is weird and all. One can grow appreciation towards by going regulating and doing the rituals regularly.