



### **Paul Theodosis**

Paul Theodosis is a senior graduating in April with a degree in Mechanical Engineering. He is planning on pursuing a PhD in Mechanical Engineering next year, and is particularly interested in the areas of controls and dynamics. He comes from a small, Texas town called San Saba: population 2,626. His family members are third-generation cattle ranchers. Aside from school, Paul enjoys playing tennis, snowboarding, and spending time with his family.

### **Cassandra Lawyer**

Cassandra Lawyer is a senior graduating in April with a degree in Psychology. She is planning on attending a MBA program before pursuing a PhD in Organizational Behavior or a related field. Cassandra is currently involved in research and is studying the effects of positive and negative comments on student self-esteem and writing performance. She also enjoys her position as Lab Manager of the Family, Home, and Social Sciences Writing Lab. When Cassandra is not pursuing academic endeavors, she likes to read, watch movies, and play competitive card games with her husband and friends.

Dear New Initiates and Current Members,

This is the first student email newsletter of BYU's chapter of Phi Kappa Phi. As your student vice presidents, we are excited to serve you this year and look forward to assisting you in your pursuit of excellence. We hope this bi-annual newsletter will be a guide and resource to your education and careers.

Sincerely,

Paul Theodosis and Cassandra Lawyer, Student Vice Presidents

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### **Upcoming Events, Competitions and Scholarships, 2009**

- January 14 — Deadline to accept Phi Kappa Phi membership for 2009
  - January 23 — Deadline for Annual Student Paper and Arts Competition
  - January 30 — Deadline for Phi Kappa Phi graduate fellowship applications
  - February 4 — Deadline for Phi Kappa Phi literacy grant applications
  - February 11— Deadline for Phi Kappa Phi study abroad applications
  - February 11 — [Annual Phi Kappa Phi Initiation Banquet](#) WSC Ballroom  
6:00 pm
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### **Finals Tips**

- SLEEP! A good night sleep over a two-day-period is better than pulling an all-nighter and crashing for a day
- Eat regularly (and make sure it's healthy)
- Drink plenty of water
- If you find yourself being distracted in your apartment, consider taking advantage of the library's extended hours
- Confirm the times and places for your finals
- After each test, take a break! Your brain needs rest before it completes another exam.



## **Outstanding Phi Kappa Phi Student: Ardis Smith**



Ardis Smith was initiated into Phi Kappa Phi in February 2008. She is involved in Model United Nations as a TA and as a participant. She recently returned from participating in the National Model United Nations Conference in China, where she and her partner were voted as an Outstanding Delegation on their committee. She is involved in BYU's Honors Program, Phi Alpha Theta (the honors history club) as well as Phi Kappa Phi. She is an Acquisitions Editor for the *Thetean*, the honors history journal, and is currently writing a piece for INSIGHT, the annual Honors magazine. She has presented at two conferences and will present at two more this spring. She has also participated in the BYU Nauvoo program, a London Study Abroad, and the Cambridge Pembroke/King's Programme.

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## **Questions & Answers from Ardis Smith**

### **Why do you think getting involved in extracurricular activities is so important?**

Getting involved allows you to be more actively engaged within your own education. I especially think that it is important for students to pursue extracurricular activities that are tied to their academic fields or interests, because it makes what students are studying more interesting and more real to them. Also, I believe that students should make the most of their education! There are many opportunities available to undergraduate students at BYU that will probably not be accessible in the future, so now is the time to get involved!

### **What graduate programs are you applying to and why?**

After graduating, I will complete a doctoral program in history. There are several schools that I am applying to, each of which has a particular strength in the field of history. I hope to specifically study the Anglo-American relationship in terms of the civil rights movement of the 1950s and 1960s. I love studying history, and I want to share that love with others once I have completed my doctorate as either a professor or a historical consultant for a museum.

### **What would you recommend other Phi Kappa Phi members to do to prepare adequately for graduate school?**

I know that most people say this, but I really do believe it's the best advice: it's never too early to think about graduate school, and sometimes it can become too late in your undergraduate career to truly prepare for graduate school. Even when you're a freshman, start thinking about what you would like to do in the future and what programs you would be interested in. Also, become familiar with the standardized test for your field of interest early (i.e. GRE, LSAT, etc). I would especially recommend that students develop strong working relationships with one or several professors. The professors at BYU are very willing to serve as mentors for students, and getting to know and work with professors allows you to truly grow as a student and prepare for graduate studies.

Ardis Smith did a lot of important things to prepare for graduate school. For more tips and advice to prepare for graduate school, check out our website: <http://phikappaphi.byu.edu/index.html>