

ROOMMATE TIPS

- 1) Listen to suggestions, not solutions, from parents and friends about having a roommate. (Especially if it is your first time with a roomie!)
- 2) Prepare for conflict. Conflict does not have to be negative; it can be an opportunity to think creatively and make the situation positive.
- 3) Share expectations for the entire year. Create a contract about sleeping habits, study times, visitors, and clean up suggestions/ shared chores for the common space. Write up the contract and post it in the room where it is visible to both.
- 4) Have face-to-face conversations, not through e-mail, IM, text messaging or cell phones. This will create a more responsible, healthy and meaningful relationship.
- 5) Focus on behavior, not personality. You can't ask someone to change who they are, but you can ask them to adjust the way they express themselves.
- 6) Stay flexible. Your roommate may have some pet peeves about your behavior, too. What can you do differently that will help the situation?
- 7) Start with one pet peeve – the one that is the most important to you. Set aside the smaller things for now.
- 8) Consider the positives about your roommate. You may have more in common than you think.
- 9) Ask for help from the RA, counseling services, Res. Life, etc. before the situation becomes critical. A counseling session for you/roommate can help to deal with stress and find better ways to manage the situation.
- 10) Educate yourself on these issues before the honeymoon ends. (Generally, after the second or third week).