

A Constructive Roommate Relationship

- 1 Be honest.
- 2 Use open communication.
- 3 Know that there are two sides to every conflict.
- 4 Discuss concerns with your roommate as soon as they arise in a calm and rational fashion.
- 5 Be fair when you discuss concerns by sitting down alone with your roommate.
- 6 Fill out your Roommate Agreement form completely and honestly as soon as you can to preempt many issues that may arise.
- 7 Work with your Residence Life Staff (RAs, SRAs, ACs).

Where Do I Go When We Can't Work it Out?

- ▶ Resident Assistant
- ▶ Senior Resident Assistant
- ▶ Area Coordinator
- ▶ Student Life Office (x8080)
- ▶ Counseling Center (x8091)
- ▶ University Ministry (x8120)

Student Life
Muskingum University
163 Stormont Street
New Concord, OH 43762
740-826-8080

<http://www.muskingum.edu/home/campuslife/residential.html>



Roommate ISSUES

A Residence Life Guide
to resolving conflicts &
being an ideal roommate



Residential Life
Muskingum University

Conflict is a tough matter with which to deal. It has little to do with the people involved and more to do with the people's differing preferences, needs, and/or opinions, all of which are hard to accommodate simultaneously.

How to be the ideal roommate...

- 1 Communication, flexibility, and accountability are three important things
- 2 Take time to compare personality traits. Talk about your similarities and differences.
- 3 When discussing an issue with your roommate, be assertive, but not aggressive. Being passive will only suppress your point of view.

A FEW HELPFUL HINTS...

Don't let little annoyances or quirks bother you....we all have 'em.

Don't assume anything. When in doubt, just ask.

If your roommate starts to get on your nerves, leave for a little while.

Remember that you have the right to be treated with respect, and so does your roommate.

Compromise. All good relationships are based on equal amounts of give and take.

Learn from each other.



RESOLVING CONFLICT

- 1 Start right. Discuss the conflict at a time that is convenient for BOTH of you.
- 2 Remember that both of you have equal rights to be heard and involved in the discussion.
- 3 Set aside you desire to "win."
- 4 Each of you should be able to talk freely about emotions/feelings.
- 5 Take on each other's perspective. Ask your roommate to reverse positions.
- 6 Avoid blaming each other. Use "I" statements.
- 7 Talk about changing actions rather than personalities.
- 8 Take responsibility for getting things back on the right track.

Don't psycho-analyze your roommate.

Don't put your roommate on the spot by insisting on an immediate response to your demands.