Tips for Getting Along with Your Roommate

When moving to a new place, with new people, it may be hard to adjust. Having to live with someone with different values, beliefs, opinions, and personality may be overwhelming, but with time it CAN work. Here are a few tips to help ease the transition and help deal with potential conflicts.

Get to know your roommate. Small talk can go along way.

- Set a “house meeting” date. This can be time for roommates to talk about issues or just catch up!
- Address the problem sooner rather than later.
- Get everyone involved.
- -Keeps friends out. This may cause the problem to become larger than it actually is.
- Attack the problem, not each other. Always show RESPECT!
- Try not to team up and isolate anyone.
- Seek mediation from an objective third party, such as your Resident Assistant.
- Remember safety first. Leave the apartment and call your Resident Assistant or Campus Police if you feel threatened.
Remember the Big Three

1) Communicate—in a non defensive tone, state what the conflict is.
2) Validate—try to understand others’ point of view, even if they differ from your own.
3) Negotiate—identify possible solutions and come up with roommate agreement.

Roommate Agreement

Make at the beginning of the semester:

- Rules for guest, noise, and sharing of food
- List of responsibilities for each roommate
- If necessary, list of changes with necessary time frame.
- Try to be specific

Everyone should agree and be willing to compromise in order to determine the best solution. All roommates should sign, showing their willingness to uphold the agreements.