



ROOMMATE COMMUNICATION TIPS

Getting along with your Roommates

Having a roommate can be one of your greatest college experiences given mutual respect, communication, and the desire to make the relationship work.

It is often trivial issues that can cause conflict between people sharing a living space. The best way to avoid unnecessary conflict is to take time to discuss both of your views, lifestyles, and pet peeves. If you are living in a suite with a Triple or Quad bedroom, it is especially important to sit down with your suitemates and discuss what kinds of expectations you have regarding your living arrangement. Sometimes it helps to set up suite rules, such as quiet time for studying, bedtime, etc. The following are some suggestions for discussion:

- When you wake up and how (who sets/turns off the alarm clock)
- Anticipated bed times and hours of sleep needed
- Study habits (Do you study in the evenings or during the day?)
- Sleeping habits (Do you require total darkness or quiet?)
- Who has priority in the room (A person studying, sleeping, watching television, talking with friends, etc.?)
- Who cleans what and when (You may want to make a schedule)
- Times when friends can and cannot be in the room (How late? When is it disturbing?)
- Loaning personal belongings to your suitemates, or anyone else (What is okay or not okay to loan to whom and when?)
- How clean do you need to keep the bedroom/bathroom/living room?



Roommate Communication Hints

- Talk about what you want in a roommate relationship and what you need to live comfortably with another person.
- Do not hesitate to be honest from the beginning and express what you are feeling, what you need, and who you are.
- Listen to what your roommate needs and wants.
- If anything in the living situation is bothering you, talk about it before it builds up and is blown out of proportion.
- Talk to your roommate before you talk to someone else and risk it getting back to him or her.
- Anytime you confront, ask your roommate for their response.
- Strive to keep communication lines open, especially when there are problems. Try not to withdraw or refuse to talk.

Respecting Your Roommate

Do not expect your roommate to be your best friend. Allow individual differences and use them to learn about other people's unique styles, thoughts and feelings. Understand that you are sharing the room and that both people need to feel good about living together. Talk about any decisions or actions that will affect all of you. Expect to cooperate for mutual understanding when living with others. Live by any mutual agreements you make, whether it's to talk weekly about potential problems, or keep your side of the room clean. Be sensitive to your roommate's need for privacy or requests for sleep or study.

Need Help?

If you and your roommate are having a problem that you could use help resolving, contact your Tropicana Resident Assistant. If the problems persist, work with your RA to contact the Assistant Director of Residence Life. Trop Staff is here to help you.