

Roommate Connections

Developing a Positive Relationship

Connect

- May not be best friends
- Just need to have a healthy respect for one another
- May not have a lot in common
- Just need to be willing to learn from one another's differences
- Care, tact, respect and an open mind are key!

Compromise

What about...

- The room?
- Technology?
- Your stuff?
- Guests?

Communicate

UGLY = Roommates stop speaking, start complaining to others, unrealistically expect other person to know when something's wrong, so...

- Go to the source
- Say what you mean
- Avoid gossip
- Don't assume things

Be Clear

When talking with your roommate...

- Use “I” statements
- Expect success
- Don’ t play the victim
- Agree to disagree

Show Concern

It's natural to show concern when a roommate is struggling. Yet bigger issues need the involvement of professionals. Those might include things such as...

- Anxiety and depression
- Family issues
- Academic difficulty
- Alcohol and other drugs

Be Respectful

Respecting Difference

- Stay open to the possibility that you and your roommate have a LOT to teach one another
- Discover what you have in common
- Learn about your different backgrounds
- Explore lifestyle choices, faith life, cultural background, life experiences, holidays celebrated, family traditions and more

Be Respectful (continued)

Respecting Safety Concerns

Shared space = shared responsibility for making it safe, so discuss things like...

- Locking the room
- Carrying room keys/cards
- Following policies in the room
- Cigarettes, incense & candles
- Overnight guests

Chat

What is there to talk about? Lots!

- Interests and hobbies
- Background
- College perspective
- Personal characteristics
- Roommate-specific issues

The Value of Connections

By taking time to intentionally work on a positive roommate relationship, you'll:

- Have an easier time overall
- Meet an interesting individual
- Learn some valuable skills when it comes to communicating, compromising & connecting
- Feel safer & more comfortable in your room

Here's to a good year ahead!