Background pattern

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**Roommate Two — My thoughts...**

So far, college life has been…

When it comes to home, I miss/don’t miss…

Sharing responsibilities and possessions…

Food, the fridge, microwave and trash…

Privacy needs and having friends in the room…

Study and sleeping habits…

I expect a roommate to…

Evangel University

*Community Life Department*

**ROOMMATE - 101**

Friendship isn’t the main factor in developing a great roommate relationship; instead, key factors are **respect** and a willingness to **communicate**.

**Tips**

* Living with someone is about more than just material stuff. Respect, tact, communication, and flexibility all work in the mix.
* Encourage yourself and others to go directly to the source when there’s a problem.
* Entering into a difficult discussion with an optimistic attitude can help you to succeed.
* If you’re having problems communicating or seeing results, let your RA know ASAP!
* Use “I” statements. For example, using “I” = “I was upset when I didn’t get the message that my coach called because I missed a special practice as a result.” Not using “I” = “You made me miss my practice because you didn’t give me the coach’s message.”
* Your values and feelings are equally valid!
* If your roommate is experiencing difficulty adjusting to college life, let your RA know.
* Encourage your roommate to attend classes and seek assistance if he or she is having academic difficulty.
* Do not use gossip as your “small talk” with other friends.
* Sharing everything (from your past) may not be the healthiest approach.
* Most roommate conflicts occur when communication breaks down. Giving hints or skirting the issue usually prolongs the inevitable and creates more stress. Respectfully make your needs known.
* Do not communicate with your roommate’s family in an attempt to “fix” things. This tactic will only make things worse!



*References / Paper Clip Communications + Talk Trips*

I expect a roommate to…

Study and sleeping habits…

Privacy needs and having friends in the room…

Food, the fridge, microwave and trash…

Sharing responsibilities and possessions…

When it comes to home, I miss/don’t miss…

**Respect, Communication, Tact, and Flexibility**

**Spend a few minutes getting to know more about your roommate! After answering the questions and talking about them; tear the sheet, exchange answers, and keep it for reminders.**

* Arrange the room together so that it feels like “home” to both of you.
* Talk about how you usually handle conflict and brainstorm ways of creating win-win situations.
* Tolerance can increase! Try to appreciate differences in people.
* Take time to learn about your roommate’s background and to share a bit of yours too.

**Roommate One — My thoughts...**

So far, college life has been…

Background pattern

Description automatically generated

**Tips**

* Living with someone is about more than just material stuff. Respect, tact, communication, and flexibility all work in the mix.
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* Entering into a difficult discussion with an optimistic attitude can help you to succeed.
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