NEED more help?!

Process through these questions before connecting with your RA or AR for help with a roommate conflict. Bring this brochure with you as you connect to help navigate conversation and show your commitment to growth.

1. What are the top three concerns I have about my living situation?

2. How does my style of communication differ from my roommates?

3. One thing that I would like to change about our living situation is:

4. I need help from my RA/AR regarding:

Connection is Possible!

“To experience community is to know the joy of belonging, the delight at being known and loved, the opportunity for giving and growing, the safety of finding a true home.” ~ John Ortberg

The Res Life staff here at NU hope you experience community and the joy of belonging. We believe you can experience this with your roommate and floor as you do life together.

We understand that relationships can be hard to navigate. But we believe connection is possible. We believe:

- Different people can learn to live together
- Living with someone is more than just stuff and arranging your space
- Respect, communication, flexibility and tact are important when building relationships
10 Crucial Tips for Getting Along with Your Roommate

1. **Get to know each other**
   You're going to be spending a lot of time with your roommate and he or she is your first opportunity to make a connection. Take the time to ask and answer questions about family, hobbies, academic interests, etc. Who is this person?

2. **Communicate**
   Open & honest communication is key in building a positive and successful relationship. Take some time and talk to each other and let your roommate know what is important to you. Talk about how you would like for the two of you to communicate with each other and how you talk to others when there is a problem or conflict. Living together can be stressful and knowing how the other person operates means that you can resolve conflicts before they grow too large. Healthy relationships take work.

3. **Be open and friendly**
   Remember that both of you may be anxious and concerned about living with a person. Your roommate may be experiencing the same issues and concerns that you are and may be under the same pressures. Talk to each other about what is important to you and things that may affect your relationship as roommates.

4. **Define “neat”**
   Whether you're a neat freak or a slob, you have someone else's feelings to consider. With a little give and take, you can each adjust accordingly and make your environment comfortable. You need to make sure that you both

5. **People visiting**
   Discuss how often you both plan to have people over. Do you want your room to be a social center or a refuge from the crowds? How about opposite gender guests?

6. **Find an activity you can share**
   There's nothing like having something in common to care and talk about. Maybe you can be workout partners. Perhaps you both enjoy a particular type of film, music, art, or hobby? Do you plan to join any clubs or student organizations? While you will not be spending all your time with your roommate, it doesn't mean you can't do some things together.

7. **What about study times and habits?**
   Talk about how you prepare for classes and tests. Do you study in the room or in another place like the library, a study room? If you plan on doing most of your work in your room, talk about scheduling times so that you both can fully utilize the room and not conflict with each other's activities. Let your roommate know when you have a big test or assignment coming up so that he or she can give you space and quiet time.

8. **Give each other space**
   Togetherness is great, but too much of a good thing, sometimes that's not so great. You and your roommate both need time alone or with other friends. If that is not happening naturally, talk about it.

9. **Are you okay with sharing?**
   Just because you are sharing a room, doesn't mean you may want to share other things even if you suddenly have twice the wardrobe. Talk about what you want to share and what you want of your own. Can you share a TV? Phone? Refrigerator? What about clothes, appliances, food, etc.? Setting these boundaries early can avoid later conflicts.

10. **Pet peeves & personal habits**
    What is a big pet peeve for you? What is something that really bothers you? How do you deal with conflict? Do you yell, get quiet, nurse a grudge?

   - The way I feel about loaning things is...
   - The way I react when I am stressed out is...
   - When I'm depressed I...
   - Something that cheers me up when I am down is...
   - I usually let people know I am angry by...
   - I become easily annoyed by....