



# TIPS FOR ROOMMATE SUCCESS



## Compiled for Student Housing Residents at UAS

### I. Be Respectful

- A. Never borrow anything unless you ask permission first. Don't use items like shampoo hoping they won't notice.
- B. Be careful and conscientious when you do have permission so you won't break anything.
- C. If you have a cleaning schedule, take it upon yourself to do your turn; don't wait to be reminded.

### II. Be Courteous

- A. Have good manners. Clean up after yourself; don't be a slob. When your roommate has friends over or is talking on the phone, don't blast your stereo.
- B. Be civil with each other. There is no need to scream or yell at each other over petty matters.
- C. Be gentle. Your roommate isn't always your frustration punching bag. Take it easy!
- D. Be good-natured. Take their habits in stride.
- E. Be willing to compromise but don't let yourself get walked on—you should both work at it.

### III. Communicate

- A. Take time. If you both have busy schedules, try to set aside time every week to talk about how things are going.
- B. Be honest about your feelings. If you're angry about being awakened when your roommate comes in at 2 a.m., let your roommate know. Don't say, "It's okay."
- C. If you have a problem, confront it right away. Don't hold it in or hope the problem will go away.
- D. Be able to take constructive criticism. Don't be defensive. Listen open-mindedly.
- E. Be compassionate. Your roommate isn't used to living with you, either. Understand each other and be supportive.

### IV. Be Alert

- A. Notice signs of "bad day blahs" but don't constantly ask, "What's wrong? Are you mad at me?"
- B. Notice signs of preparation for bed and studying. Don't infringe on these, as they are important for college success.
- C. Offer to do fun things with your roommate when he/she looks bored, but don't expect to be joined at the elbow.
- D. Be aware of petty irritations: noise, mess, constant intruders; but don't walk on ice!

## UAS ROOMMATE / APARTMENT-MATE BILL OF RIGHTS

- ❖ The right to read and study free from undue interference in one's room. Unreasonable noise and other distractions inhibit the exercise of this right.
- ❖ The right to sleep without undue disturbance from noise, guests, etc.
- ❖ The right to expect that a roommate will respect one's personal belongings.
- ❖ The right to a clean environment in which to live.
- ❖ The right to free access to one's room and facilities without pressure from a roommate.
- ❖ The right to personal privacy.
- ❖ The right to host guests with the expectations that guests are to respect the rights of the host's roommate/apartment-mate and other area residents.
- ❖ The right for redress of grievances. Residence Life staff are available for assistance in settling conflicts.
- ❖ The right to be free from fear of intimidation, physical and/or emotional harm.

Only You Can Assure That Your Roommate Enjoys These Rights!



## MANAGING ROOMMATE CONFLICTS

### **Communicate:**

Discuss your likes and dislikes. Remember people cannot read your thoughts. What bothers one person may be totally acceptable to another. Express yourself but be sure to listen as well. Be flexible with yourself and with others.

### **Cooperate:**

Remember you and your roommate are in this together. Such a joint adventure requires an honest attempt to make the relationship work. Cooperation encourages mutual satisfaction.

### **Compromise:**

This does not mean accepting something less than satisfactory but living with another individual challenges you to find ways in which you are both winners.

### **Experiment:**

Be willing to try new approaches and ways in which you and your roommate can comfortably co-exist. Living with another individual is as much of a learning experience as the classroom. When the result is not satisfactory, talk it over and generate new ideas.

### **Independence:**

Being a good roommate does not mean agreeing with everything your roommate suggests or does, nor does it mean doing everything together.