



Top TEN Ways to Get Along With Your Roommate

1. Be honest.
2. Deal with conflicts in a timely fashion.
3. When something is bothering you, deal with it up front.
4. Avoid backstabbing and gossiping.
5. Try at first to resolve the issue by involving as few people as possible.
6. Remember that it's not always WHAT you say, but HOW you say it.
7. Assume nothing...ASK.
8. When help is needed, go to your RA or Residence Life office for assistance.
9. Remember you are dealing with human beings with feelings, rights, and responsibilities.
10. Finally, don't forget you are one of those human beings as well!

CONVERSATION

Even if you already know your roommate, it is important to take some time together to examine each other's personal styles and preferences for living. Following are some possible topics/questions to begin a conversation with your roommate:

- My home life is...
- I plan to major in...
- My friends would describe me as...
- The grades I hope to get this semester are...
- Something that is very important to me is...
- Things that really annoy me are...
- When I'm angry I...
- My idea of relaxing is...
- I normally go to sleep by...
- One thing I can learn from living with you is...
- I think an important difference between us is...

Please take the time to fill out a roommate agreement to help you in your living situation. Contact your RA or any Residence Life staff member for more information and resources.

Dalton State College
Housing and Residence Life
www.daltonstate.edu/housing/
(706) 529-6752

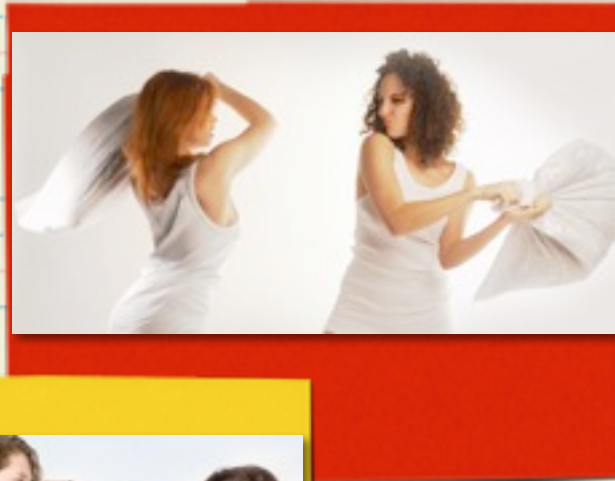


DALTON STATE COLLEGE

HOW TO LIVE WITH YOUR ROOMMATE



Office of Housing and Residence Life



abcde

How can you enhance the positive influence you and your roommate have on each other?

1. At the very beginning of your relationship, inventory your habits and preferences: tidy or casual, stay up late or get up early, punk rock, classical jazz or hip hop, study alone or with others, etc.
2. Work out strategies of compromise for your differences.
3. When you are irritated (or pleased) with your roommate, express it directly and immediately. Don't store up resentments and explode when he or she commits a minor offense. Don't discuss your roommate problems with others when you haven't discussed them with your roommate.
4. Recognize that there are at least two sides to every story. Hear your roommate out. Try to see things from his/her perspective rather than jumping to conclusions.
5. Most problems can be resolved or alleviated. If you can't work out the situation with your roommate-and you actually tried doing so instead of assuming that it can't be done-ask for assistance from someone who will be objective, such as a mutual friend who is not directly affected by the situation, a resident assistant, or coordinator of the building. The person can meet with you and your roommate to help you resolve the problem.

4 C'S OF ROOMMATING

C Collaboration
Cooperation
Compromise
Communicate

EFFECTIVE COMMUNICATION TIPS

Use Assertive "I" Messages
Share Feeling
"I feel..."

Request specific behaviors
"I would like..."

Practice Active Listening
Use clarifying questions
"What do you mean by..."
"How can I help you in..."

Paraphrase thoughts
"What I think I hear you saying is..."
"So you would prefer that..."

